Top tips for supporting pupils

Generally

- Promote good mental health and wellbeing. This should be done all year round, and not just right before exams.
- Show that you care about pupils as individuals, not just the results they produce.

For someone struggling with their mental health, you could:
- check in with them to see how they're doing
- consider reasonable adjustments, such as longer deadlines.

Pupils told us:

"Ask pupils who struggle with their mental health if they need anything. For example if someone had a broken arm, the teacher would give them a laptop to work."

With homework

Pupils told us:

"Remind pupils that they are human and not machines that produce results."

- Manage the amount of homework that pupils may get. Minimise clashes so pupils don't feel overwhelmed.
- After-school homework sessions can help pupils with their workload.
- Try to avoid next-day deadlines. This can reduce the pressure on pupils when they have a lot to do.
- Being lenient and making allowances for pupils experiencing poor mental health can make a real difference.
- Consider quality rather than quantity of homework, so pupils feel like they're getting more out of it.
- Giving clear explanations around homework can help pupils understand the benefits of completing it.

During exam periods

- Provide additional wellbeing support for pupils to manage their stress levels and help them relax.
- Remind pupils that their mental health and wellbeing are important, especially during exam periods.
- Run lessons which aim to provide revision, or relaxation.
- After exams, provide pupils with wellbeing or relaxation activities.

Pupils told us:

"Try not to put too much stress on pupils during exam time, making them feel like grades are the only important thing."

"Have an hour, maybe twice a week, for pupils to relax before exams."

For more information visit

mind.org.uk

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