



SEATON VALLEY FEDERATION OF SCHOOLS

Department for Education Information for Parents, Carers and Pupils to prepare for exams - 22nd April 2024

Exam stress – useful resources for teachers, parents and pupils

We are aware that exams have the potential to exacerbate feelings of anxiety and stress amongst young people. That is why it's important that whilst pupils should be encouraged to work hard, this should not be at the expense of their wellbeing.

There is a range of advice and guidance for students and parents to help alleviate or lessen the anxiety they have about sitting exams, including:

- [NHS Help your child beat exam stress](#)
- [Anna Freud: How to identify the signs of academic stress, and ways to help](#)
- [Student Minds – resources, tips and blogs about exam stress](#)
- [Ofqual: Coping with exam pressure – a guide for students](#)

Malpractice reminders: Hoax papers and AI

Students should be reminded not to engage with offers of exam questions or papers on social media, as they are most likely fake and students could receive sanctions from awarding organisations.

The Joint Council for Qualifications has also updated its [guidance](#) on AI use in assessments and developed [further support materials](#) for teachers and students.

