



Wellbeing Resources for Year 11 Students

[Looking after yourself during GCSEs](#)

How to deal with exams: [Ditch the Label](#) | [Youth Charity](#) | [Mental Health, Bullying & Relationships](#)

Coping with exam stress: [Exam Stress](#) | [How To Deal with Exam Stress](#) | [YoungMinds](#)

DfE Coping with exam pressure: [Coping with exam pressure - a guide for students - GOV.UK \(www.gov.uk\)](#)

Exam Stress: [Information for 11-18 year olds – Exam stress - Mind](#)