

**“HELLO”**



# Headstart Newham Young Researchers

Youth led research project

# Understanding exam stress

As secondary school students, we understand the struggle of exams and all experience the stress that comes along with it.

We picked exam stress because it stood out to us as a topic that wasn't spoken about enough and we wanted to dig deeper.

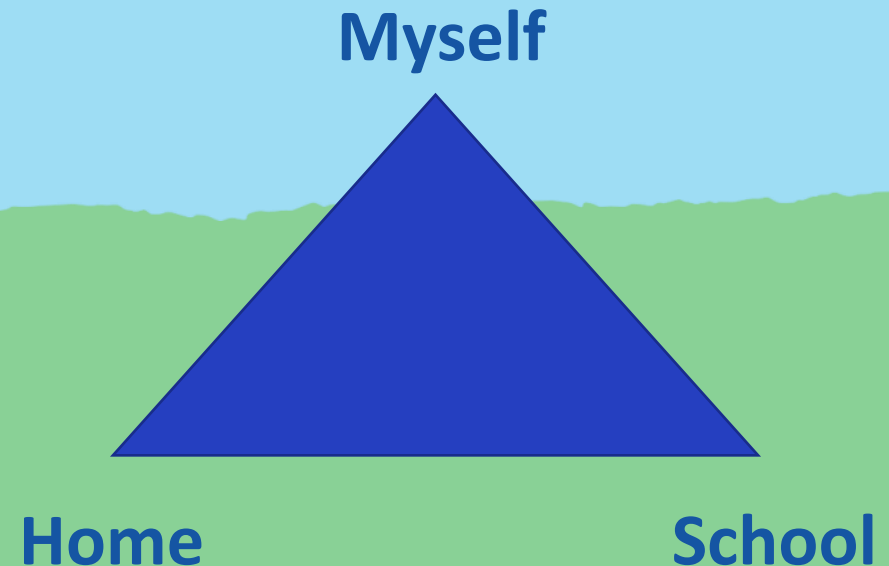
**We did 14 interviews with students in Newham about their exam stress and how they dealt with it**

# What we learnt?

Everyone feels stress sometimes and it's completely normal to feel this way. In fact pupils told us that they find being a bit stressed can provide drive and motivate them.

We found that the school, home and the young people (you) are linked and when they work together well, it can reduce the stress.

When there is balance in all three, students are able to work to their full potential without being overly anxious.



# Myself

## What works well

- Having a strategy (timetables etc.)
- A balance between study and leisure
- Listening to music
- A designated revision place
- Asking for help in class and doing the work

## What doesn't work well

- Avoidance / procrastination
- Cramming/ or not revising at all
- Not listening in class and having to catch up
- Having high expectations for yourself
- Keeping exam stress to yourself

# School

## What works well

- Having a healthy teacher-student relationship
- Teachers engaging students in lessons
- Teachers providing checklists and revision guides
- Making use of available online sources
- Offering revision classes/interventions
- Support from teachers especially when parents can't help
- More positive messages

## What doesn't work well

- Not asking questions in class
- When there isn't opportunities for high achievers to have 'booster' sessions
- Don't make students feel anxious by telling them their life depends on the exam
- Not covering all the content
- Discouraging students when they don't achieve their target grades

# Home

## What works well

- Having a designated space for working that cannot be disrupted
- Being able to have a conversation about how to help at home
- Parents/carers checking up on their child and keeping up with their school life
- Understanding the child's schedule

## What doesn't work well

- Not having a space that is not suited for studying
- Too much pressure to do well
- Doing household chores whilst revising
- Adding onto the stress
- Not understanding your child's exam system



# Coping with exam stress

## Myself

1. Get yourself a strategy.
2. Ask for help.
3. Treat yourself

## Home

1. Have a conversation
2. Find out how to help
3. Support your child but not too much pressure

**All three must  
work together to be  
effective**

## School

1. Give students strategies and resources
2. Be aware of different learning styles
3. Be positive!!

# Read our blog...

<https://www.headstartnewham.co.uk/blog/deal-exam-stress/>



## How do you deal with exam stress?

01/04/2019

To mark Stress Awareness Month, we sat down with Ishrat from the HeadStart Young Researchers Team to find out about their project researching exam stress in Newham schools.

[Read more >](#)

# Thank you!

Thank you to all the young people who took part in this study.

A special thank you to the young researchers who led this work: Shams, Shukri, Ishrat, Ayat, Ola and Yannick, and their schools for supporting them.

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# “QUESTIONS?”

[HeadStartNewham.co.uk](http://HeadStartNewham.co.uk)

East Ham Town Hall  
324 Barking Road, London E6 2RP  
T: 020 3373 8600  
E: [headstart.programmeteam@newham.gov.uk](mailto:headstart.programmeteam@newham.gov.uk)

