

[Home](#) ▾ [Education, training and skills](#) ▾ [School curriculum](#) ▾ [Exam regulation and administration](#)  
▾ [Resources for managing assessment-related anxiety](#)



Guidance

# Resources for managing test-related anxiety

Published 14 February 2020

**Applies to England**

## Resources for managing test-related anxiety

**This list of resources is aimed at students, parents, schools and colleges to help manage worries about exam and revision**

## **stress.**

### **Advice for children and young people**

[Childline](#) is a service provided by the NSPCC offering confidential advice to children and young people. See [Childline's tips for beating exam stress](#).

[YoungMinds](#) is a charity working to improve emotional well-being and mental health amongst children and young people. See [YoungMinds' advice for young people](#).

[Student Minds](#) is a mental health charity for students. See Student Minds' [resources for dealing with exam stress](#).

[Mind](#) is a charity providing mental health support for anyone experiencing a mental health problem. See [Mind's 14 ways to beat exam stress](#).

[BBC Bitesize](#) offers resources to help students with homework, revision and learning. See Bitesize's advice on [how to deal with exam stress](#).

[GoConqr](#) is a personal learning environment to aid learning and revision. See GoConqr's tips on [how to deal with exam stress](#).

[The Student Room](#) is an education website offering peer support for students. See The Student Room's [advice on dealing with exam stress](#).

### **Advice for parents**

[YoungMinds](#) is a charity working to improve emotional well-being and mental health amongst children and young people. See [YoungMinds' advice for parents](#).

[NHS](#): See the advice from the NHS: [Help your child beat exam stress](#).

[Family Lives](#) is a charity helping parents to deal with the changes that are a constant part of family life. See Family Lives' advice for [supporting your teenager through their exams](#).

[Relate](#) is a charity offering relationship support. See Relate's advice for [coping with exam stress as a family](#).

[TheSchoolRun.com](#) is a website offering resources to help learning at primary school. See their advice on [helping your primary school child with exam stress](#).

[Teenagers Translated](#) is a website offering information to help parents understand their children during their teenage years. See their advice on [managing exam stress](#).

### Advice for schools

[Centre for Education Research Practice \(CERP\)](#) are part of an exam board (AQA) and aim to inform education policy and practice through research. See the [CERP STEPS programme](#) which aims to help students manage and minimise GCSE exam stress.

[Mentally Healthy Schools](#) is a website working with [Heads Together](#) to offer advice and resources to help promote children's mental health and well-being in primary school. See their advice on [what schools can do to manage academic and exam stress](#).

The [Mindfulness in Schools Project](#) is a charity aiming to improve children's mental health and well-being using mindfulness.

[Back to top](#)

---

## Help us improve GOV.UK

To help us improve GOV.UK, we'd like to know more about your visit today. [Please fill in this survey \(opens in a new tab\)](#).

**Services and information**

**Government activity**

[Benefits](#)

[Births, death, marriages and care](#)

[Business and self-employed](#)

[Childcare and parenting](#)

[Citizenship and living in the UK](#)

[Crime, justice and the law](#)

[Disabled people](#)

[Driving and transport](#)

[Education and learning](#)

[Employing people](#)

[Environment and countryside](#)

[Housing and local services](#)

[Money and tax](#)

[Passports, travel and living abroad](#)

[Visas and immigration](#)

[Working, jobs and pensions](#)

[Departments](#)

[News](#)

[Guidance and regulation](#)

[Research and statistics](#)

[Policy papers and consultations](#)

[Transparency](#)

[How government works](#)

[Get involved](#)

---

[Help](#) [Privacy](#) [Cookies](#) [Accessibility statement](#) [Contact](#) [Terms and conditions](#)

[Rhestr o Wasanaethau Cymraeg](#) [Government Digital Service](#)

All content is available under the [Open Government Licence v3.0](#), except where otherwise stated



© Crown copyright

