

Guidance

Coping with exam pressure - a guide for students

Advice and guidance for students on how to cope with pressure associated with test and exam anxiety.

From: [Ofqual \(/government/organisations/ofqual\)](/government/organisations/ofqual)

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Applies to England

Documents

[Coping with exam pressure - a guide for students \(/government/publications/coping-with-exam-pressure-a-guide-for-students/coping-with-exam-pressure-a-guide-for-students\)](/government/publications/coping-with-exam-pressure-a-guide-for-students/coping-with-exam-pressure-a-guide-for-students)

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Details

Our student guide, Coping with exam pressure, has been produced in conjunction with Professor Dave Putwain, a researcher (and a former school and college teacher) at Liverpool John Moores University.

Further resources

The Student Room

<https://www.thestudentroom.co.uk/revision/your-guide-to-handling-revision-and-exam-stress>)

[Childline \(https://www.childline.org.uk/\)](https://www.childline.org.uk/)

[NHS advice for parents \(https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/\)](https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/)

[Mind \(https://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/\)](https://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/)

Ofqual blog posts

Positive steps

[\(https://ofqual.blog.gov.uk/2019/03/01/positive-steps/\)](https://ofqual.blog.gov.uk/2019/03/01/positive-steps/)

Understanding test anxiety

[\(https://ofqual.blog.gov.uk/2019/03/01/understanding-test-anxiety/\)](https://ofqual.blog.gov.uk/2019/03/01/understanding-test-anxiety/)

[What is it like to experience exam stress? A student perspective \(https://ofqual.blog.gov.uk/2019/03/08/what-is-it-like-to-experience-exam-stress-a-student-perspective/\)](https://ofqual.blog.gov.uk/2019/03/08/what-is-it-like-to-experience-exam-stress-a-student-perspective/)

What can schools do about exam and test anxiety

[\(https://ofqual.blog.gov.uk/2019/03/15/what-can-schools-do-about-examination-and-test-anxiety/\)](https://ofqual.blog.gov.uk/2019/03/15/what-can-schools-do-about-examination-and-test-anxiety/)

How to talk to your students about exam anxiety

[\(https://ofqual.blog.gov.uk/2019/03/22/how-to-talk-to-your-students-about-exam-anxiety/\)](https://ofqual.blog.gov.uk/2019/03/22/how-to-talk-to-your-students-about-exam-anxiety/)

Tackling test anxiety – some practical tips

[\(https://ofqual.blog.gov.uk/2020/02/14/tackling-test-anxiety-some-practical-tips/\)](https://ofqual.blog.gov.uk/2020/02/14/tackling-test-anxiety-some-practical-tips/)

What sorts of things might help you prepare for

[exams? \(https://ofqual.blog.gov.uk/2022/02/10/what-sorts-of-things-might-help-you-prepare-for-exams/\)](https://ofqual.blog.gov.uk/2022/02/10/what-sorts-of-things-might-help-you-prepare-for-exams/)

[Feeling stressed about results day](https://ofqual.blog.gov.uk/2019/08/13/feeling-stressed-about-results-day/)
(<https://ofqual.blog.gov.uk/2019/08/13/feeling-stressed-about-results-day/>)

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