

## Exam Time Resources Reminder!

**With exam season approaching, here is a reminder of some of our favourite resources to help at this time:**



### Charlie Waller Memorial Trust

GCSE Wellbeing Guides for teachers, pupils and parents available at:

<https://www.cwmt.org.uk/resources>

### The Student Room

Help and advice around GCSEs and A-Levels: <https://www.thestudentroom.co.uk/gcse/>



### The Mix

A wide range of support for the Under 25s including how to cope with exam pressure:

<https://www.themix.org.uk/work-and-study>

### Young Minds

A free downloadable booklet entitled 'Coping with Pressure at School' is available

<https://youngminds.org.uk/ucommerce/coping-with-pressure-at-school/c-23/p-172/>



### BBC Bitesize

Practical learning and revision tips for all ages at: <https://www.bbc.com/bitesize/>

### Childline

Online and telephone (0800 1111) advice 24 hours a day:

<https://www.childline.org.uk/searchpage/?query=Exam+stress>



childline  
ONLINE, ON THE PHONE, ANYTIME