



# Put exam stress in perspective



If I can't do well in my mocks, I've no chance in the actual exams!



Actually, many people find mocks harder than the exams!

You get more used to a formal test environment the more mocks you do

Mocks tend to use past papers even though you have not covered the whole course yet!

We're not always motivated to fully revise for mocks which can add to stress levels

You get study leave before and around exams

Formal exam timetables tend to be more spread out than mocks

More practice answering exam style questions so they seem easier

You'll be revising at home so can organise your time to balance study with self-care

You have just done a lot more revision by then!

**Remember: grades are decided based on how the whole country does on the exam. So if it's a particularly difficult paper, the grade boundaries are adjected to reflect this!**

If you're struggling with revision or academic stress, text our practitioners via **The Signpost** for a listening ear and some advice. You can also sign up for our free **Developing Healthy Study Habits webinar** via Bromley Y Eventbrite



**THE SIGNPOST**  
Text support for 11-18 year olds  
**07480 635 025**

