



Exam Stress

2025



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Dealing with Exam Stress

It is normal to feel a bit worried about exams, especially if you're under pressure from work or family. Exam stress can cause you to feel [anxious](#) or [depressed](#), and this might affect your [sleeping](#) or [eating habits](#).

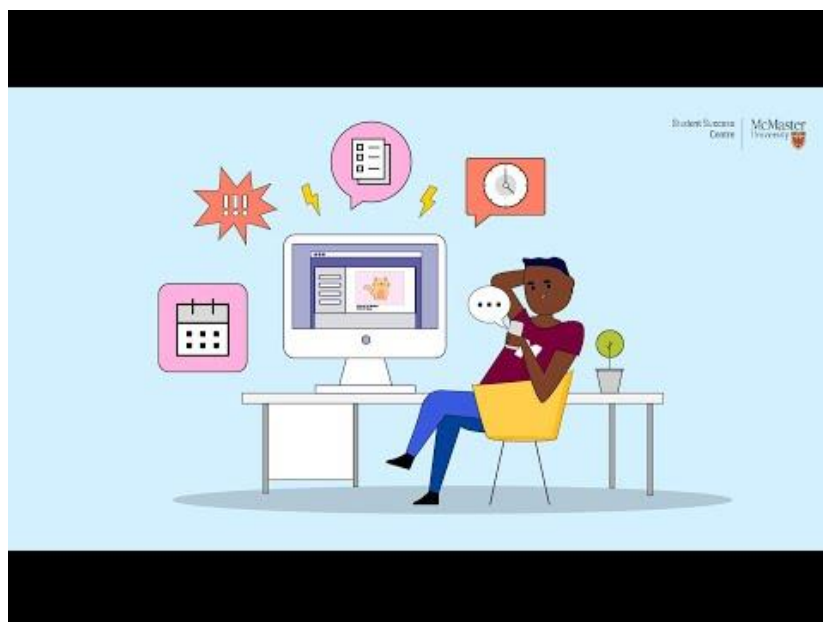
If you recognise any of these feelings, or are worried that exam pressure is taking over your life, you are not alone, and there are things you can do:

- **Reach Out to Trusted People:** Share your struggles with close friends or family. They can provide encouragement, support, and a listening ear. Opening up can help lighten the emotional burden.
- **Ask for Help:** Identify the practical support you need and don't hesitate to ask for it. Speak with your DLC, Skills coach or tutor—they can guide you to available resources and share valuable insights from supporting other students.
- **Join or Create a Study Group:** Collaborating with peers can make studying more engaging, help you solve problems, and maintain your social connections, boosting your overall morale. Try [For Apprentices - Association of Apprentices](#) where you can join a community of other apprentices.

Procrastination

Procrastination is the act of delaying or postponing a task or set of tasks. So, whether you refer to it as procrastination or akrasia or something else, it is the force that prevents you from following through on what you set out to do. Fear of failure can often be what makes us procrastinate, developing skills that help us stop procrastinating can be the key to our success.

Watch the video for further guidance- double click on the image or press Ctrl + click to follow.



[Strategies to overcome procrastination - YouTube](#)

Organisation

Planning with clear goals will help you avoid all-nighters, study well and minimise the pressure on yourself.

The sooner you get started the less pressure you'll put on yourself as it gets closer to exam time. Making notes in class, trying different note-making styles (such as using visuals, flow charts, mind maps among many others) and regularly revisiting your notes is a good way to get a head start while you're still learning. If that doesn't work for you, take this [learning preferences quiz](#) to get the most from your studies.

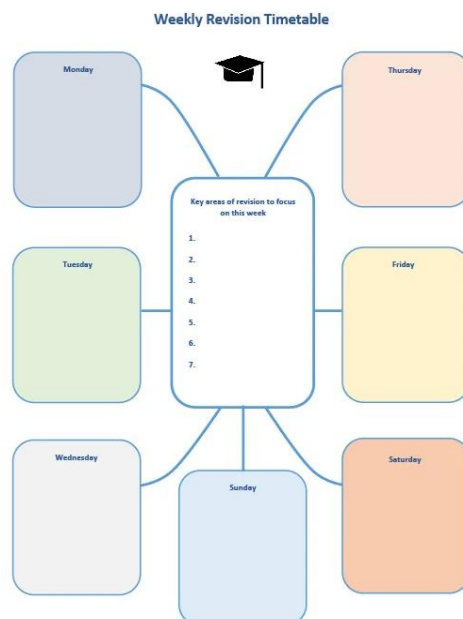
Starting your revision early is key but there are other ways to prepare for exams as well. Familiarise yourself with what your exams will be like if you can. You won't know everything about an exam, but these 6 things can help reduce your stress:

- Explore the exam topics and read the module learning outcomes to work out what might come up
- Know the day, time and duration of each exam – and write them in your diary or calendar
- Find out what equipment is or isn't allowed ahead of time. Find out how the exam paper or task is structured – is it multiple choice, short answer, long answer questions, or a practical? Is it divided into sections? Which questions are worth the most marks?
- Use past papers if you have access to them – they'll give you an idea of what to expect

Revision timetables

Revision timetables are a very effective way of staying organised and managing your time. It's important to allocate time for studying, working, and relaxing. Look at the following examples for ideas on how you can plan revision to help with exam stress.:

Date:	Time:	Format:	Subject:
Main topics/themes to revisit:		Key facts, concepts and vocabulary:	
Summary:			



Additional Resources References

There are various external resources available, we suggest you look at this additional content which may support you.

[How To Stop Procrastinating - The 321 Trick - YouTube](#)

[Learning Preferences | MyPort | University of Portsmouth](#)

Conclusion: Managing Exam Stress

Effectively managing exam stress requires a proactive and structured approach. By addressing common challenges like procrastination, staying organised, and creating a study plan, you can reduce anxiety and enhance your performance.

1. **Dealing with Exam Stress:** Implement stress-reduction techniques, such as mindfulness, exercise, and taking regular breaks, to maintain a calm and focused mindset.
2. **Procrastination:** Break tasks into manageable steps and set realistic deadlines to overcome procrastination and stay on track.
3. **Organisation:** Keep your study space and materials organized to save time and reduce unnecessary distractions.
4. **Study Plan:** Develop a clear and achievable study schedule, prioritising difficult subjects and allocating time for revision.

Additionally, explore available resources, such as online tools, study guides, and support from your educational setting or peers, to optimise your preparation. By combining these strategies, you can approach your exams with confidence and perform to the best of your ability.

Further Resources

Visit our learner portal for Information, advice and activities to help prioritise your wellbeing during your apprenticeship programme, including workload management, handling stress, and external support services. [Apprentice learner's portal](#)

Reminder:

For safeguarding support please contact safeguarding@qa.com for further advice and support or make a referral via these links:

- [Staff/Employer/Peer Referral](#)
- [Learner Self-Referral](#)
- [Low level & Behavioural Concern](#)

