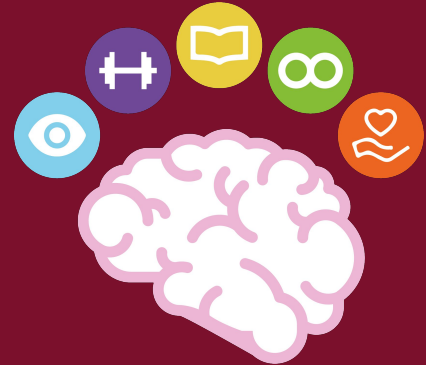


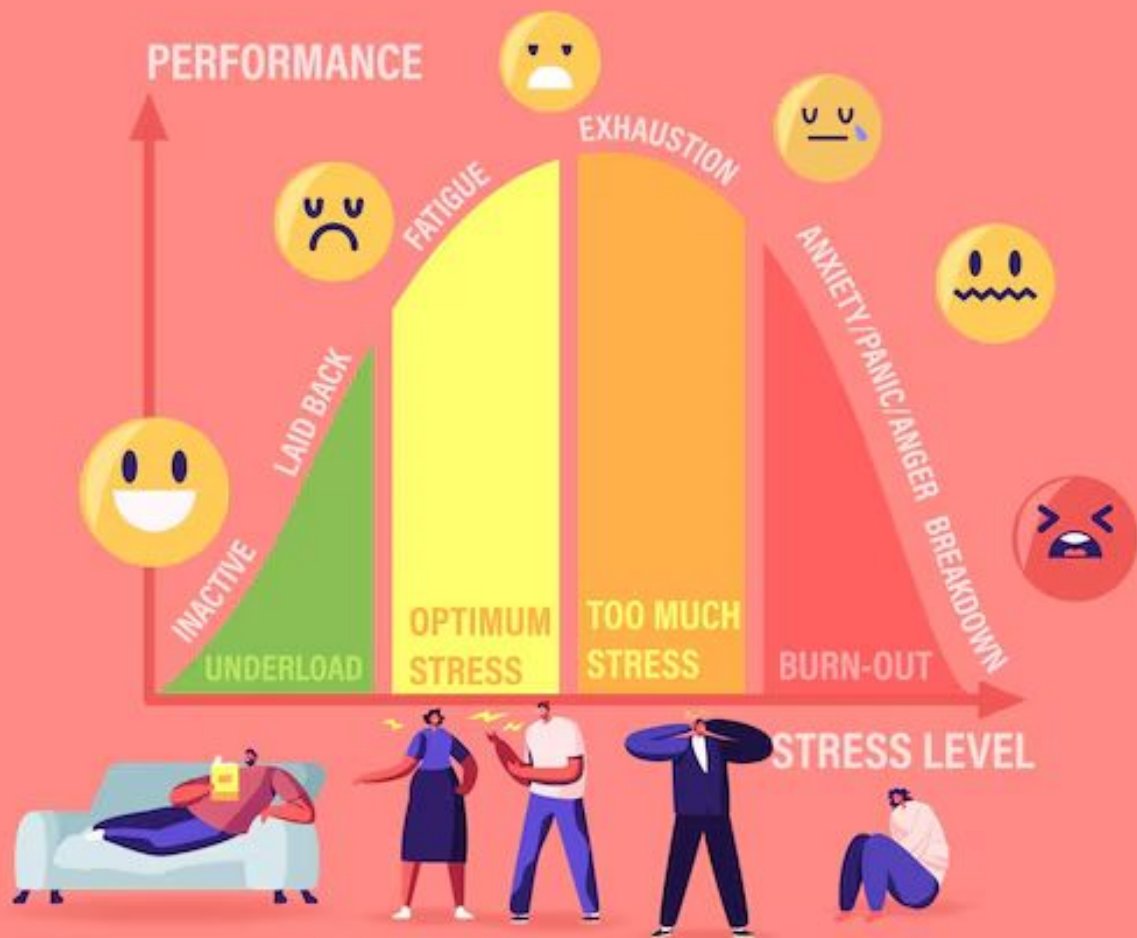
Year 11 Exam Wellbeing

Presented by Faye Garland - Assistant Vice Principal





STRESS





Wheel of Well-being



Teenagers can revise for 14 minutes before their phones distract them

Social media apps make studying difficult and only 10 per cent of young people feel confident about exams

Mobile Phone Use

Feelings of inadequacy

Lower self-esteem

Poor emotional
regulation

Insomnia

Sedentary lifestyles

Social isolation

Depression

Anxiety

Distraction

Increase vulnerabilities

Physical, Mental,
Academic Challenges

FOMO

Sleep disruption



Mobile Phone Use

1. Impact on Sleep

- **Screen time before bed:** The blue light from phone screens suppresses melatonin, the hormone that helps regulate sleep. This makes it harder for teenagers to fall asleep and reduces sleep quality.
- **Late-night scrolling or chatting:** Many teens use social media or messaging apps late at night, which delays bedtime and cuts into the hours of rest they get.
- **Interrupted sleep:** Notifications, vibrations, and the temptation to check messages can wake teens during the night, leading to fragmented sleep.

Why it matters during exams:

Good sleep is vital for concentration, memory, and emotional stability — all of which are essential for effective studying and exam performance. A tired brain struggles to focus, recall information, and manage stress.

Mobile Phone Use

2. Impact on Anxiety

- **Social comparison:** Constant exposure to others' highlight reels on social media can make teens feel inadequate or anxious about their own lives.
- **Information overload:** News, academic content, and social updates can overwhelm teens, especially when they're already stressed about exams.
- **Fear of missing out (FOMO):** The pressure to stay connected and not miss messages or trends increases anxiety and distracts from study time.

Why it matters during exams:

High anxiety interferes with concentration, sleep, and motivation. During exams, when stress levels are already elevated, phone-related anxiety can make it even harder to stay calm and focused.

Mobile Phone Use

- **Why it matters:** Phones can disrupt both sleep and emotional balance, two key ingredients for success during exams. Setting boundaries on phone use helps teenagers rest properly, stay calm, and perform at their best.
- **How to do it:**
 - Plan revision sessions, (with regular breaks!) and put the phone in airplane mode or even better out of sight during that time.
 - Turn off notifications so they can focus on the task in hand.
 - Consider using apps that block specific platforms or websites for a set period of time.
 - Charge their phone outside the room at night to avoid the temptation of late night digital activity.

Help Them Manage Time and Stay Organised

- **Why it matters:** Good planning can prevent overwhelm and help them feel more in control.
- **How to do it:**
 - Help them build a realistic **revision timetable**, including breaks and **downtime**.
 - Support consistent routines for **sleep** (8-10 hours), **meals**, and **study**.
 - Encourage starting **early on revision** rather than cramming last minute.

A Calm, Supportive Environment

- **Why it matters:** A calm atmosphere helps reduce stress and anxiety, which are common during exam periods.
- **How to do it:**
 - Encourage open conversations – let them vent or talk without pressure.
 - Emphasise effort, not just grades – praise progress and perseverance.
 - Have a space at home where they can decompress and rest.

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CAN DO
HARD
THINGS



Raise York
Your Family Hub Network

<https://www.raiseyork.co.uk/>

childline

ONLINE, ON THE PHONE, ANYTIME

EXAM STRESS AND PRESSURE

If you're feeling stressed about your exams, you aren't alone. Get advice and tips to help you cope.

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>



<https://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/>

Kooth's Guide to Coping with Exam Stress

<https://explore.kooth.com/the-exam-stress-collection/>

YOUNGMINDS

<https://www.youngminds.org.uk/young-person/blog/exam-self-care/>



<https://www.themix.org.uk/explore-our-topics/school-and-university/?topics=exams#listing>



<https://mentalhealthliverpool.gov.uk/content/uploads/2017/11/Stress-Transitions.pdf>