

# THE TRUTH ABOUT EXAMS



Exams are an unavoidable part of teenage life, but there are lots of things you can do to make them feel less overwhelming.

Thinking about exams in a different, more Growth Mindset way can help you feel more positive and in control ...

Everyone is born with a unique combination of skills, abilities and talents and study under different home circumstances.

As an example: sitting the same set of exams, pupil A did well (as predicted) in every subject while pupil B scraped passes.

When you know more about their circumstances, the two sets results are not as comparable in terms of achievement ... pupil A finds academic study easy, their home life is calm and they have everything they need.

Pupil B has been newly fostered from a chaotic home situation. They've had a lot to deal with on top of studying but they've pulled out all the stops, worked hard and passed their exams when they were expected to fail.

## WHO HAS ACHIEVED THE MOST?

Pupil A has achieved what they were capable of, with an average amount of study time in a calm supportive home.

Pupil B has put in an impressive amount of effort in difficult circumstances. They've been focused and determined and have achieved much more than expected. Pupil B has also shown determination, resilience and perseverance.

There are always more opportunities out there to achieve. High school exams are an important universal opportunity, but they're not everything.

**Opportunities and chances don't stop once exams have been sat.**

