

SHRINK THE ANXIETY MONSTER



Exams are an important opportunity to put energy and effort into creating 'life chances' but they're not the only one.

Sometimes people's journey to the next stage of life follow a simple straight signposted road and for others, their path takes a number of unexpected turns or detours.

It makes no difference how you get to where you want to be, but the less direct route might take a bit more grit and determination.

THE MOST IMPORTANT REASON TO DO YOUR BEST IN YOUR EXAMS IS YOU.

Not your teachers, not your foster carers or your social worker.

There might be lots of people in your life trying to support you to do the best you can, but ultimately the thing that tops everything else is...



HAVE I DONE RIGHT BY MYSELF?

If you can walk into an exam knowing you've worked as hard as you were able to and are as prepared as you are can to be then there's nothing more you can do and nothing to reproach yourself for.



IS THERE ANY POINT BEING STRESSED WHEN YOU'RE TAKING THE EXAM?

Take a breath, hold your head high and get it done.

