THE PASTORAL HUB

Mock Exams Without the Meltdown

A free revision & wellbeing checklist for teenagers and the adults supporting them. Tick what helps; skip what doesn't. Progress matters more than perfection.

Start with a realistic plan

- ■ I know which subjects or topics need my attention first.
- ■ I have checked my exam dates and any equipment I need.
- ■ I have chosen a few manageable revision tasks for this week.

Revise in ways that work

- ■ I test myself with questions or recall, rather than only rereading notes.
- ■ I spread revision across several days where possible.
- ■ I ask a teacher or trusted adult when I get stuck.

Protect my wellbeing

- ■ I plan regular breaks and time away from screens.
- ■ I make room for sleep, food, movement and something I enjoy.
- ■ I notice when stress is building and tell someone if I need support.

On the day

- ■ I prepare my bag, timetable and travel arrangements in advance.
- ■ I focus on one paper at a time; one difficult exam does not define me.

My next small step: _____

One person I can talk to if I feel overwhelmed: _____

For parents and carers: ask "What would make this week feel more manageable?" before offering solutions. If exam stress is affecting everyday life, contact your child's school or GP for support.