

SUPPORTING YOUNG  
PEOPLE THROUGH  
**EXAMS**



# SUPPORTING YOUNG PEOPLE THROUGH EXAMS



Tests and exams can be a challenging part of school life for children and young people, as well as their parents or carers (and teachers / youth leaders).

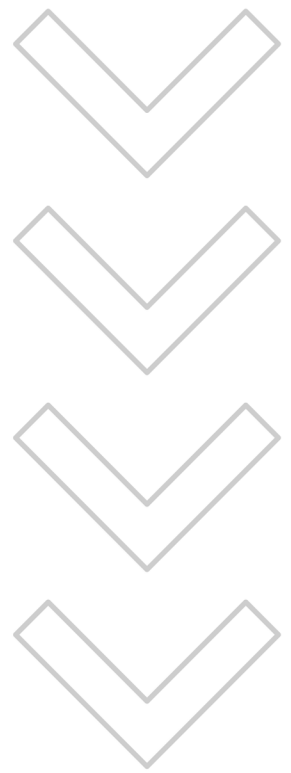
Extreme stresses about exams can have a serious negative impact on young people and could even be harmful to their physical and mental health.

For some young people exams may be the most challenging and stressful thing they have had to do in their lives - this is a pretty big thing!

But thankfully there are ways to ease the stress.

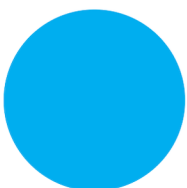
We've compiled some different tools, resources and ideas that you can use to help children and young people who are experiencing exam stress.

We hope that you (and your young people) will find this helpful!

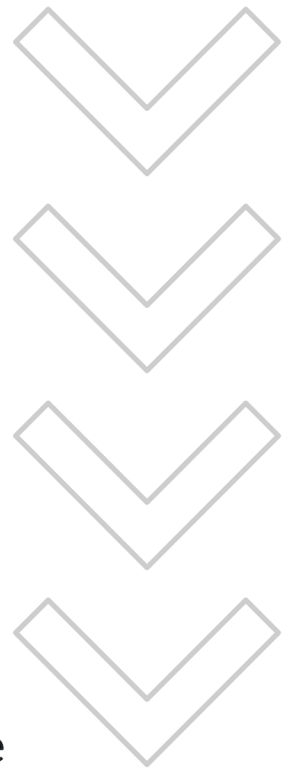


**GIVE ALL YOUR WORRIES AND CARES TO GOD, FOR HE CARES ABOUT YOU.**

**1 PETER 5:7**



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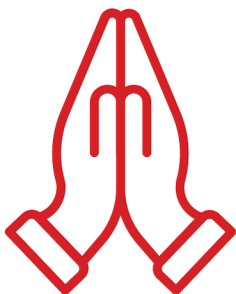


## TIP #1: PRAY

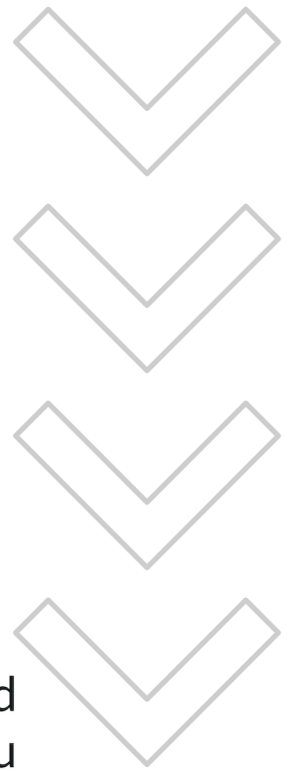
It seems quite obvious, but our first tip to help support young people during exam season is to simply PRAY.

Be specific about how you pray for your young people in the run up to exams and during the exam period. Why not ask for their exam timetable and block out space during the time they will be sitting their exam to pray intentionally at the same time?

You could set up a space in your youth room where young people could write down their own prayers for the exam season. You could either stick them on the wall or place them in a box - allowing them to articulate the feeling they have and encourage them to hand over their fears and worries to God.



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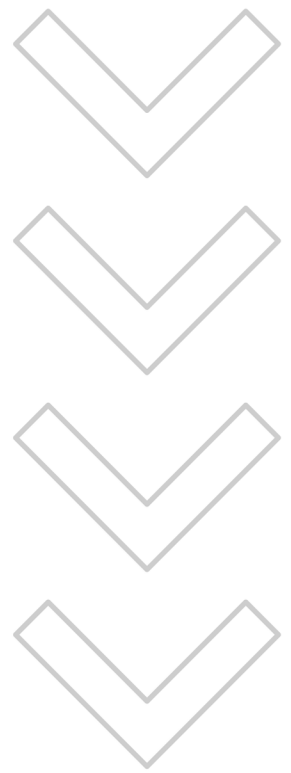
## TIP #2: BIBLE VERSES

Offer encouraging bible verses and personalised messages in the lead up to exams - perhaps you could write or print out different encouragements on pieces of paper and give them to your young people as a physical reminder for them to hold on to.

- Romans 8:28
- Joshua 1:9
- Matthew 6:31-34
- Proverbs 3:5-6
- Romans 15:13
- John 16:33
- Philippians 4:6-7
- Isaiah 41:13
- 1 Peter 5:6-7
- Luke 1:37
- Isaiah 41:10



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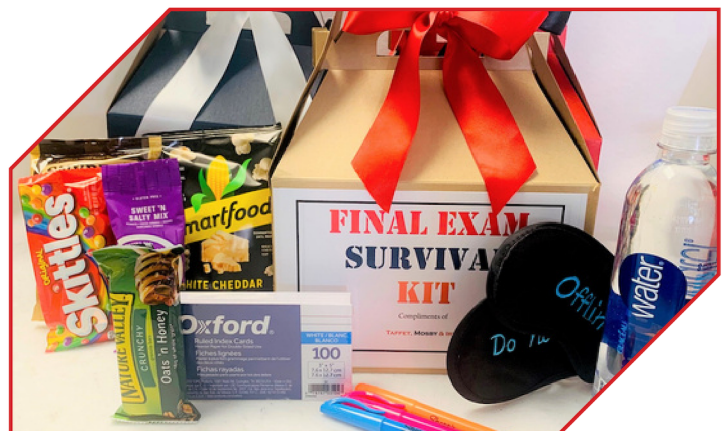


## TIP #3: SURVIVAL KIT

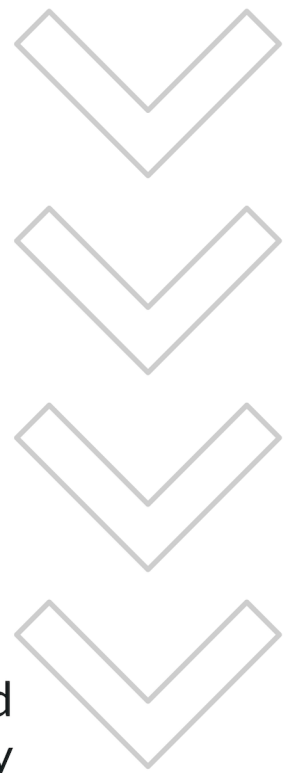
Putting together an "exam Survival Kit" will not only equip your young people with the physical materials they might need to boost morale while revising, but it also allows them to see that they are valued and cared for in such a simple way!

### You could include:

- A notebook
- Pens
- Highlighters
- Post-it notes
- Favourite snacks
- Tissues
- Tea bags / Hot Chocolate sachet
- Encouraging messages / Bible verses
- Stress ball
- Fidget Toy



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## TIP #4: TAKE BREAKS

Encourage your young people to slow down and take breaks from studying throughout their study days. Studies show that taking study breaks do help people to retain information. Taking breaks from studying every ninety minutes or so can improve both focus and attention.



A good study break should never be another way to procrastinate - encourage some healthy habits:

- Take a walk
- Do some stretches
- Tidy up
- Have a cup of tea / coffee / hot chocolate
- Get creative (draw, colour in etc)



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## TIP #5: GO FOR A WALK

15 minutes of exercise, such as a brisk walk around the block or dancing around the living room can release endorphins which reduce stress and increase feelings of happiness, boosting your mood and can improve your memory! Encourage them to get up and out for a walk once a day.

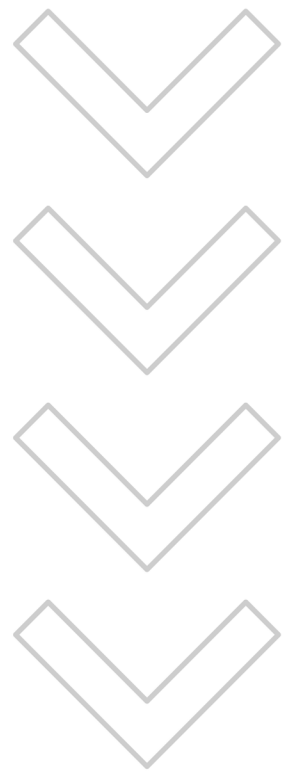
You could offer to meet them for a walk in a public space

As well as getting out in the fresh air for exercise you are also providing one-to-one support for a young person being a listening ear and encouraging them!

- Local Park
- Forest trail
- Beach
- Up a mountain?!



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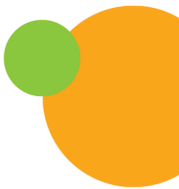


## TIP #6: SESSION STYLE

You might find when it comes to youth fellowship or other programmes later in the week, young people aren't coming because they are so tired from revising during the week. They might not want to come and sit in a room listening to a talk.

Something you could do is shorten your talks and have more activities based around the content to help get them a bit more active and release some of their stress.

If you notice young people still aren't coming, you can send them a message or even meet them for coffee to see how they are.





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## TIP #7: CELEBRATE!

For so many people, exams are a huge thing to overcome, they will have spent time revising and when the exam season draws to an end why not take time to mark all their hard work and celebrate!

### Low Budget ideas:

- Karaoke Party
- Movie Marathon
- Board Game evening
- Trip to the Park

### Medium Budget ideas:

- Pizza Party
- A Barbecue

### High Budget ideas:

- A trip somewhere fun (Trampoline Park, Mini-Golf, Go-Karting, cinema, etc)

Have some fun!!!

