



## From mountain to sea

### **Educational Psychology Service**

### **Exam stress and study support: a guide for pupils and parents and carers**

Preparing for upcoming exams can be challenging, and you might be experiencing feelings of anxiety, pressure and overwhelm. Aberdeenshire Educational Psychology Service have collated some resources below that will help you understand and manage these feelings, alongside some practical tools to help you get started with your revision and to support your exam preparation.

#### **Wellbeing**

It is important to be aware of your thoughts and feelings and to know how to manage them. Here, you can find some information to support you to navigate and understand what might be happening in your brain, including the importance of sleep and how to relax and be mindful.

[Mind - Exam Stress for Young People](#)

[Aberdeenshire EPS - Supporting Teenage Wellbeing](#)

[Aberdeenshire EPS - Wellbeing Resources](#)

[Aberdeenshire EPS - Understanding and Responding to Anxiety](#)

[Aberdeenshire EPS - Developing a Positive Outlook](#)

[Aberdeenshire EPS - Sleep](#)

[Aberdeenshire EPS - Relaxation and Mindfulness](#)

#### **Studying**

If you're unsure of what study techniques work for you, below you can find links to webpages with lots of ideas of how make the most of your study time; from practical tips and resources to managing your mindset and developing your thinking skills.

[Education Scotland Parent Zone - Supporting Study](#)

[SQA - Getting Exam Ready](#)

[SQA - Past Papers](#)

[Pomodoro Technique - Time Management Tool](#)

[SkillsYouNeed - Top Tips for Studying](#)

[SkillsYouNeed - Learning Skills](#)

[BBC Bitesize - Revision: Timetables and Planning](#)



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[BBC Bitesize - Revision: Top Revision Tips](#)

[Aberdeenshire EPS - Thinking Skills](#)

[Aberdeenshire EPS - Growth Mindset](#)

### **Online Community**

If you are experiencing stress and anxiety, it's important to stay connected. You can engage with an online community of peers experiencing similar feelings and access mental health support anonymously via Kooth or Togetherall.

[Kooth](#)

[Togetherall](#)

### **Apps**

Below you can find a selection of Apps to support your exam preparation, from managing distractions, keeping track of your exam dates, to flashcards and mind maps for your revision. There are similar alternatives to suit different devices, and the list below is not exhaustive so have a look at your app store to see what you can find to make your learning fun and at your fingertips.

[Marinara Timer - Pomodoro Technique Time Management Tool](#)

[Exam Countdown - Organisation Tool](#)

[Simple Mind - Mind Mapping Tool](#)

[Offtime - Distraction Management Tool](#)

[Quizlet - Flashcard Revision Tool](#)

### **Assistive Technology**

Many people enjoy the benefits of using technology to support their learning. The links below provide an introduction to text to speech software, how to download Scottish voices for the software, and My Study Bar which has many features to aid planning, reading, and writing on your device including colour overlays and reading rulers to help you focus on text.

[Call Scotland - Text to Speech Information](#)

[Call Scotland - Scottish Voices for Text to Speech Software](#)

[Call Scotland - My Study Bar](#)