

**TEACHER GCSE EXAM
STRESS?**

It's a thing... and we can help

teachit

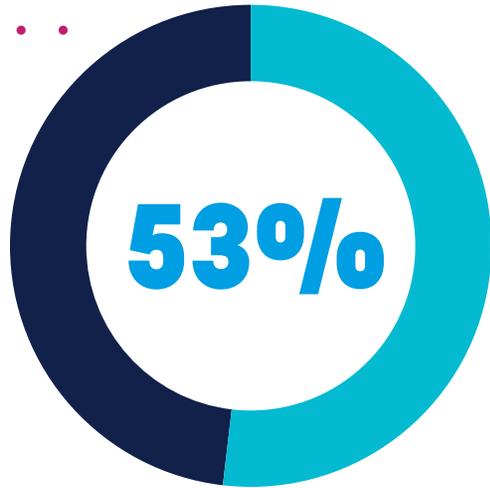


TEACHER EXAM STRESS?

IT'S A THING... AND WE CAN HELP

With exam season upon us, it can feel as though all the focus should be on the students, but of course exams are hugely stressful for everyone involved – and it's vital to safeguard your own mental health and to bear in mind that you may actually be better able to support your students if you can reduce your own levels of stress.





OF TEACHERS ARE WORRIED ABOUT EXAM PREPARATION AS AN IMPACT OF BLENDED LEARNING

THE TOP CONCERNS OF TEACHERS

In a recent survey by Teachit, teachers reported the following as their top concerns for this year's exams:



Academic progress and learning gaps



Wellbeing of staff and teachers



Teacher workload





HERE ARE FIVE TIPS FOR COPING IN EXAM SEASON

THEY ARE BASED ON AN [ARTICLE BY THE MENTAL HEALTH FOUNDATION](#) AND LINKS WITHIN IT TO ADVICE FROM EDUCATION SUPPORT AND BBC TEACH TEACHER SUPPORT.



TIP 1

SET YOUR BOUNDARIES

This is obviously easier said than done, especially when you want to be able to support each of your students to do their best and get through their exams, but it is important to keep in mind what is in your best interests, and this might include saying no to requests on your time. This article from Education Support offers advice on [how to say no](#).





TIP 2

PAUSE AND REFLECT

Often, there is simply not enough time in the day to complete all the mounting tasks ahead of you, yet it is important for your mental health and wellbeing to create opportunities to pause and reflect. Read the Mental Health Foundation's [Rethinking Rest Guide](#) to rethink what rest means to you.



TIP 3

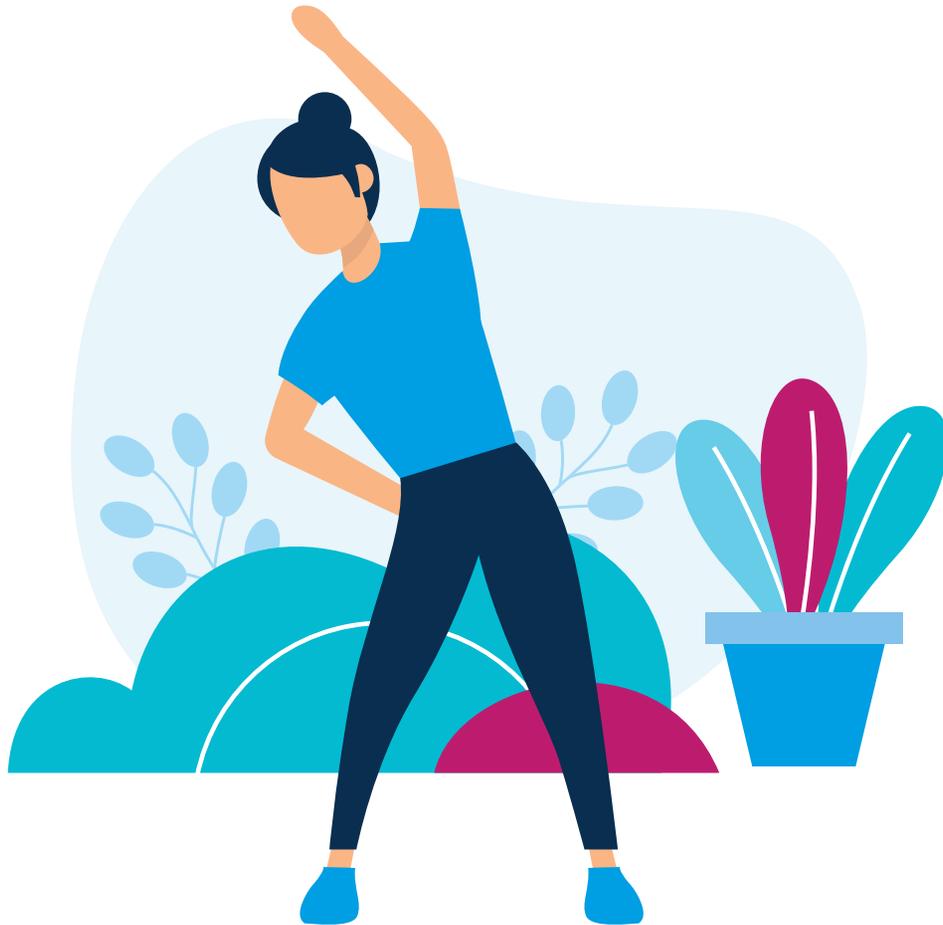
RINGFENCE 'YOU' TIME

A part of setting boundaries is ringfencing time to do something you enjoy and stepping back from the stress that surrounds exam season. This may be just chatting with a colleague over a coffee on your lunch break, listening to a podcast on your way home from work, or firmly setting aside a few minutes to read a book or play music in the evening.



TIP 4

INCLUDE TIME FOR EXERCISE AND MINDFULNESS



Exercise, even in short bursts, can burn off stress hormones and improve sleep, while mindfulness can be a useful activity to bring your attention back to the present moment and can be practised in those small moments of time travelling to and from work or between classes. The Mental Health Foundation's [mindfulness guide](#) is a good introduction to see how mindfulness can work for you.

TIP 5

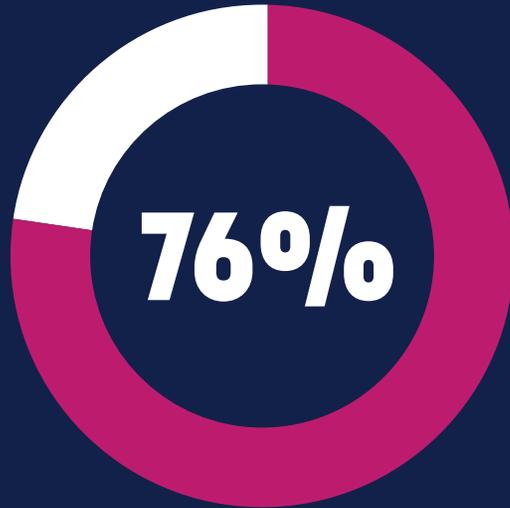
KNOW THAT YOU'RE NOT ALONE



Your colleagues will no doubt be experiencing similar feelings of stress during exam season. Reaching out and having open conversations about your mental health and wellbeing can help you feel supported.

You could also contact Education Support's free helpline on **08000 562 561**, staffed by a qualified counsellor, or the Samaritans' free helpline on **116 123** (UK), offering 24/7 support.





**OF TEACHERS WERE
MOST CONCERNED
ABOUT MISSED WORK
AND LESSONS**

VISIT OUR [GCSE EXAM SUPPORT PAGE](#) FOR:

- The full version of this staff wellbeing article
- Advice on exam wellbeing for students
- One-stop information about changes to GCSEs in 2022
- Revision and exam preparation resources.

Source: Teachit survey: Teaching and learning in the pandemic 2022

LET US GET YOU GCSE READY

GCSEs are back for 2022, albeit with some adaptations. We've curated all the advance information and support materials you and your students will need to approach this year's exams with confidence.

The majority of our exam or board-specific materials have been created in collaboration with assessment experts so you know that our exam content is both credible and authentic.

Our exam and revision materials have been created in response to a practical classroom need and tried-and-tested in real classrooms across the country.

From teaching packs (containing assessment objective mapping, lesson plans, worksheets, revision activities and sample exam papers), to formative assessment materials and quick-fire revision quizzes, Teachit's revision libraries have both breadth and depth.

Good luck!

HELPFUL RESOURCES

- [Changes to GCSEs](#)
- [Exam wellbeing for staff](#)
- [Exam wellbeing for students](#)
- [Revision shop](#)
- [English revision](#)
- [Maths revision](#)
- [Languages revision](#)
- [Science revision](#)
- [Geography revision](#)
- [History revision](#)

Sign up to Teachit for free to gain access to thousands of free teaching resources to help you save time with lesson planning and exam support

GET TEACHIT FOR FREE