

TAME THE ANXIETY MONSTER



Exams can open doors, but they're not the only way forward.

For some people, the journey to the next stage is simple and straightforward. For others, the path bends, loops, or takes a few detours.

Both routes are valid. The longer path might take more effort, but it can still get you to the same destination.

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

Not your teachers, not your parents, not your foster carers, not a youth worker or social worker.

There might be lots of people in your life trying to support you to do your best, but ultimately the thing that matters most is ... you.

HAVE I DONE RIGHT BY MYSELF?

If you walk into an exam knowing you've worked as hard as you could and prepared as well as you were able to, then you've already done everything within your control. There's nothing more to do, and nothing to beat yourself up about.

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

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

