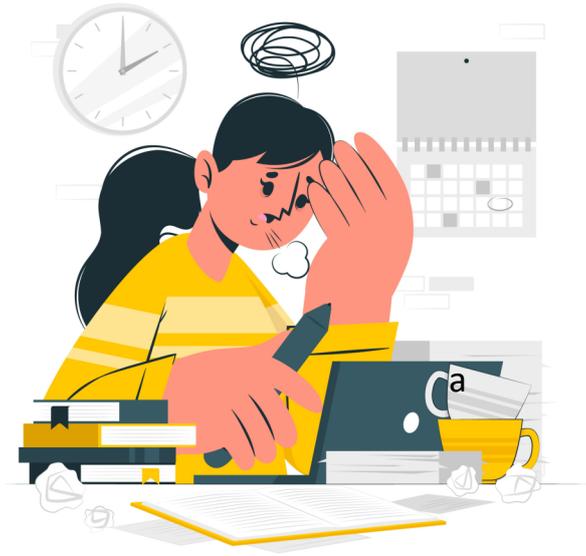


THE TRUTH ABOUT EXAMS



Exams happen, you can't avoid them, but you can make them feel less stressful.

A Growth Mindset helps you stay positive, focused, and in control of what you can influence.

Everyone sits exams with different strengths and different home lives.

For example:

- Pupil A gets top marks across the board. They find studying straightforward and have a calm, supportive home environment.
- Pupil B barely passes. They've just been fostered after a chaotic home situation and have had to juggle a lot more than schoolwork. Passing is a massive win for them.

Same exams, completely different circumstances.

That's why comparing results without context doesn't show the full picture.

WHO HAS ACHIEVED THE MOST?

Pupil A has achieved exactly what they were capable of, with a steady amount of study time in a calm, supportive home.

Pupil B has worked incredibly hard in difficult circumstances. They've stayed focused and determined, achieving far more than anyone expected. Their results show real resilience and perseverance.

There are always more opportunities to achieve. High school exams are an important shared milestone, but they're not everything.

Opportunities don't end once exams are over; there are many paths to success.

