

# EDUCATION WELLBEING SERVICE

## CONFIDENT EXAMS - FOCUSSED GROUP

### WHO WE ARE...

We are a bunch of friendly children and young people's wellbeing practitioners. We work across different schools offering 1:1 and group support for young people's wellbeing. This service is for young people who not already getting help somewhere else (like CAMHS or Child and Family Services)

### CONFIDENT EXAMS

Sign up to 'Confident Exams' - one session per week for three weeks to help build your confidence during the exam period - manage stress better, keep some balance, how to revise, create a revision plan and healthy habits.

### YOUNG PEOPLE WHO:

- In year 11, 12 or 13 at Raynes Park High School
- Want some tools and ideas to manage exam stress and revision better
- Are not receiving professional mental health or wellbeing support elsewhere
- Want to join a small group of up to 16 people from your year in school to get some tools and ideas for one lesson per week for three weeks starting Friday the 27th of January

### IS THIS FOR ME?

### WHAT WILL IT INVOLVE...

- Together we will explore things you can do in and outside of the sessions to help with exam stress
- We encourage you to share your thoughts, views and ideas in the sessions
- Joining the group for three weeks, respecting the group and engaging to the best of your ability

Text **SHOUT** to 85258  
for 24/7 support.  
Anytime. Anywhere.

shout CRISIS TEXT LINE

**See next page for the application form**

# APPLICATION FORM

— EDUCATION WELLBEING  
SERVICE

Your Name (include any preferred name):

Date of Birth :

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
D	D	M	M	Y	Y

SUPPORT YOU ARE INTERESTED IN

Exam stress four week group at Raynes Park High School ☒

*Please tell us about the difficulties you're experiencing, including how long you've been experiencing them and the impact they're having on your everyday life:*

Difficulties with managing exam stress and anxiety with upcoming exams which is having an impact on my day-to-day life.  
Add anything else here:

*What have you already tried, if anything, to help with these difficulties? Have you used any other services?  
Anything else we should know about?*

***If you are currently self-harming or experiencing suicidal ideation we recommend seeking 1:1 support by speaking with your pastoral team in school or speaking to your GP instead of a group***

## ABOUT YOU

Your school :  Year Group :

I identify my gender as :  Ethnicity :

Home Address :

Mobile Number :  Email Address :

Parent/Carer Contact Details : **Name(s):**  **Email Address(es):**  **Mobile(s):**

GP Name and Address :

Signature :  Today's Date : 

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
D	D	M	M	Y	Y

THANK YOU FOR YOUR INFORMATION

*Please return this completed application form to a member of staff in your school to be passed to the Education Wellbeing Service. You can complete this form together with a member of school staff or a family member.*

## Keep this page for later

It's completely normal to feel stress and worries about exams.

Remember – a medium amount of stress about exams is actually a good thing, it actually helps us perform better.



Advice on GCSE revision planning, top tips, mock questions and revision materials

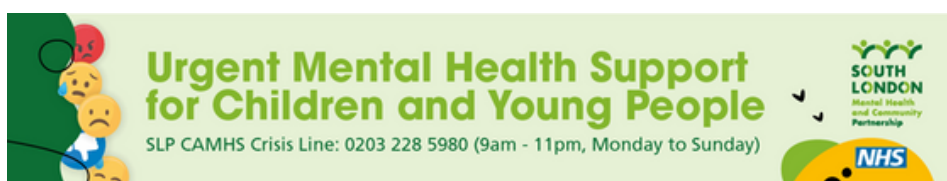


Top tips and advice for managing exam stress and worries



Download the 'Clear Fear' app for managing stress and anxiety.

*Speak to your pastoral team to think about different support options  
Recommended friendly support numbers if ever needed*



OR

