



Teacher Resource

Exam Stress

Focus Questions

Discuss the BTN High story as a class and record the main points of discussion. Students will then respond to the following:

1. How does preparing for exams make you feel?
2. What do you do to help manage the stress? Are there techniques or strategies that you've found to be effective?
3. Do you think there's too much pressure on students during exam time?
Explain your reasons.
4. What techniques do you use to help with organisation and time management?
5. Who can you reach out to for support if you are feeling stressed or anxious about exams?

Activities

- Create an information booklet about how to deal with exam stress.
- In small groups, brainstorm your top study hacks. Produce a short video that could be used by students in year levels below you.

EPISODE 54

18th September 2024

KEY LEARNING

Students will learn practical strategies to alleviate exam stress and improve their study routine.

CURRICULUM

[Health and PE – Years 7 and 8 \(v8.4\)](#)

[Health and PE – Years 9 and 10 \(v8.4\)](#)

[Health and PE – Years 9 and 10 \(v9.0\) 1](#)

[Health and PE – Years 9 and 10 \(v9.0\) 2](#)