

Exam Wellbeing Guides , from the Charlie Waller Memorial Trust

An emotionally healthy approach to GCSEs and Scottish Highers

<https://www.cwmt.org.uk/exam-wellbeing>



Revising for and sitting exams can be a stressful time for young people. While, to a degree, this is to be expected, there are steps that can be taken by schools, parents and the students themselves, to look after their wellbeing during exam season.

The Charlie Waller Memorial Trust has developed Wellbeing Guides for young people, parents and teachers, to help promote an emotionally healthy approach to exams. These are packed with practical tips and ideas to support young people before, during and after exam time. There are

Free to download
& might just help
to prevent a few
sleepless nights

Really useful free
booklets with
advice for parents
and teachers.

Our head teacher is so
impressed with them we
are emailing out the
downloadable version to
the parents of all our
Year 11's today

Other titles:

- Visit <https://www.cwmt.org.uk/resources> for other CWMT guides, leaflets and posters