



Nelson's
Journey

#ExamReady

Information for
bereaved young people
taking exams

Exams can be a really challenging time.

It may be even more challenging for you if someone close to you has died.

There is lots of helpful advice and guidance online and in your schools to help you study for your exams.

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As Young Volunteers from Nelson's Journey, some of us are taking our GCSE's and A Level exams this year. We are aware that some young people have struggled with the content of certain exams questions relating to death and dying.

You can feel unprepared if you turn over the paper and see a story that you may relate to.

Take a deep breath and look at the exam paper again. Keep breathing and consider how you feel at this point in time.

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What next...

Do you feel you could manage to answer the questions after giving yourself a few minutes to 'recover' and settle down a bit?

yes

Take your time, keep as calm as possible and take deep breaths. Just carry on with the questions and try your best.

Consider leaving the tougher questions until later. Move on to another question and come back to ones that you find really difficult.

no

Put your hand up and wait for an invigilator to come and speak to you. Tell them what is upsetting you, as they can help you.

They may suggest taking a short break to collect your thoughts and you will be given this time back at the end to complete your exam.

Once you have given yourself some time to recover then hopefully you will feel you can continue.

It may feel really uncomfortable to put your hand up in front of your peers but it is essential to do so.

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- If you feel you have been disadvantaged during the exam as you were upset or affected by some questions (as they were about death and dying) then talk to the Invigilator immediately after the exam or go and see a teacher. They can get the school/college Exam Officer to talk to you about this.
- In certain situations, an Exam Officer may be able to ask for special consideration to be given to you by the Examinations Board, as a result of your bereavement. They may be willing to add a small percentage to your overall mark to take into account the difficulties you faced on exam day. However, this is only a slight increase on your marks and so you still need to try your hardest in the exam to get the best marks you possibly can.

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Exam season can be really stressful for you, especially if life is tough following the death of your loved one.

- Give yourself some 'time out' after each exam and do something you enjoy to look after yourself.
- Talk to your family and friends about your exam experiences and tell them when things feel tough. Then take a deep breath and try to move on to the next one.
- Ask friends or family for a hug or pamper your pet! Get rid of that stressful feeling by knowing you are loved and people only want the best for you.
- Remember you can only do your best on exam day and that is all anyone wants from you, as they want you to achieve your potential.

GOOD LUCK

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This information was put together by the Nelson's Journey Young Volunteers who felt passionately about helping to prepare young people with potentially challenging exam questions.

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