CREDENCE HIGH SCHOOL

MANAGING EXAM ANXIETY & STRESS AND PERFORMING YOUR BEST

GRADES
6-8

Date
22 September 2026











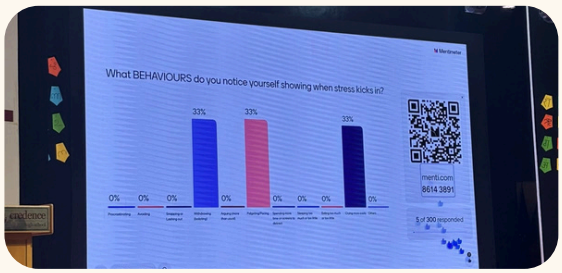

INTENT

The session aimed to help students understand exam-related anxiety and stress and recognise how these may affect their learning and performance. Students were encouraged to identify common physical, emotional and cognitive responses to exam anxiety, while understanding the difference between anxiety and ongoing stress. The session also aimed to introduce practical strategies such as mindful breathing, taking brief pauses, revisiting instructions and using supportive self-talk.

EXPERIENCE

Students participated in interactive activities designed to help them reflect on how exam stress may feel and affect them. They explored the distinction between exam-specific anxiety and persistent stress, followed by guided mindfulness practice. Students also created their own anxiety-relief kits by selecting strategies they felt could work for them. The session included practical exam-time strategies, opportunities for reflection and a positive mindset activity.

INSIGHT

The session reinforced that experiencing some stress around exams can be a normal response and can be approached constructively. Students were encouraged to pause, breathe, review instructions, take a micro-break when needed and move forward rather than becoming overwhelmed. The emphasis on making peace with stress and using it as motivation encouraged students to develop greater self-awareness, emotional regulation and confidence in managing exam situations.