

Revision Evolution

Staying Motivated and Managing Stress – Supporting Wellbeing and Confidence During Exam Season

Even the most well-organised revision plan can falter without balance and wellbeing. Exams are important, but so is your child's mental and emotional health. Motivation and stress management are key to sustaining effort over time.



1. Focus on effort, not perfection

Encourage your child to view mistakes as part of learning. Instead of asking “How did you do?”, try “What did you learn?” or “What will you try next time?” This keeps the focus on progress rather than pressure, helping them build confidence and resilience.

2. Encourage breaks and movement

Physical activity helps regulate mood and boost concentration by releasing endorphins and increasing oxygen flow to the brain. Short walks, stretching, or even tidying a room between study sessions can reset focus. Avoid marathon revision days – consistent, moderate effort works better than exhaustion.

3. Support healthy routines

Sleep, hydration, and balanced meals play a vital role in memory and attention. Studies show teenagers need around 8–10 hours of sleep for optimal cognitive function. Encourage your child to keep a regular sleep pattern, avoid screens before bed, and take time to unwind.

4. Keep perspective

It's easy for exams to feel all-consuming, but reassurance from parents makes a real difference. Remind your child that exams are important, but not defining. Maintaining family routines, planning downtime, and celebrating small milestones help reduce stress and keep revision sustainable.

Finally, model calmness. Your own attitude to revision – encouraging but relaxed – can help your child mirror that confidence.

Watch the accompanying video on our school website for practical advice on supporting motivation and wellbeing throughout the exam period.