

Managing Exam Pressure - Tailored Learning

Course Name	Start Date	End Date	Site	Total Fees
Managing Exam Pressure - Ashby Hub - Thursday Afternoon - Tailored Learning	02/07/2026	02/07/2026	Ashby Community Hub	0.00
Managing Exam Pressure - Ashby Hub - Tuesday Morning - Tailored Learning	23/06/2026	23/06/2026	Ashby Community Hub	0.00
Managing Exam Pressure - Ashby Hub - Tuesday Morning - Tailored Learning	07/07/2026	07/07/2026	Ashby Community Hub	0.00
Managing Exam Pressure - Ashby Hub - Wednesday Evening - Tailored Learning	10/06/2026	10/06/2026	Ashby Community Hub	0.00

Course Description

Exisiting Learners Only - Please speak to your tutor to book your place.

Content & Overview

This supportive workshop is designed to help you feel calm, confident and in control before and during your exams. You will explore how stress affects the body and learn how to develop a positive mindset towards exams. Through guided activities, you will reflect on your beliefs about exams, recognise your strengths and build confidence you can carry into the exam room. You will learn practical strategies you can use straight away, including organisation techniques, revision tips and effective coping methods to equip you with the tools to manage exam pressure successfully.

Course Details

During the session, we will explore:

- Where do you feel exam stress in your body?
- How would a person confident with exams feel?
- What is stress, how does it impact your body, and can it be helpful?
- Beliefs - What are your thoughts on beliefs around exams? What would be a more supportive belief?
- Practical tips and coping strategies

Suitable for

Learners who are due to sit exams in the coming weeks.

Entry requirements

You must be 19+ on 31 August 2025 and a UK resident.

Delivery Method

Face to face

Progression route

Learners will be ready to sit their exams for their required courses with more confidence.

Disclaimer

When applying for this course, you must provide evidence to confirm eligibility for funding, proof of ID and full address. Applying for a course does not mean you are automatically enrolled. You must be 19+ on 31 August 2025 and a UK resident.

Our dedicated team will be happy to help – just call us on

01724 297146 or contact us on

<https://northlincsadulteducation.co.uk/contact/>