



## **Exam Anxiety Procedure**

### **1. RATIONALE**

This procedure explains the actions taken to ensure inclusion for all students who suffer from exam anxiety.

### **2. AIMS**

Bishop Milner Catholic College will ensure that students who have exam anxiety are able to sit their exams with the main cohort of students unless there is specific medical evidence specifying that separate accommodation is necessary.

### **3. PROCEDURES**

3.1 Internal students who have problems with anxiety are brought to the attention of the Head of Year via form and subject teachers.

3.2 Six week Exam wellbeing course is run for key identified students before the mock examinations in January.

3.3 Two catch up sessions are run before the Public Examinations.

3.4 The Exam Officer and School Counsellor are available before every exam and students are encouraged to speak to them should they have an issue.

3.5 Any student who has exam anxiety makes themselves known to the Exam officer and a meeting is arranged prior to the exam series to ensure they are aware of what the exam hall looks like and how the seating is arranged.

3.6 Students may need to be reseated to an area where they feel more comfortable and this is arranged with the Exam Officer before the exam.

3.7 Students who have a medical support may need to be roomed in their own room.

### **4. MONITORING**

These procedures will be reviewed every two years.