

How did you cope with the pressure of your GCSE's?

I didn't cope very well. I gave myself exhaustion three times in Year 12. I didn't stop working or ease up as I knew I would be worse. I wish I had known it was normal to feel so stressed and pressured.

Nicola McCauley, Year 14

I didn't cope very well. The stress gradually built up throughout Year 12. As the exams quickly approached the more stressed and worried I became. I just wish I had realised that it was going to be more stressful than I had anticipated.

Kerry Ferguson, Year 13

I coped okay; sometimes my stress at times was worse than others. It got worse coming up to exams and I cried a few times and didn't do as much work as I thought I should. But I expected to be stressed but being in the situation is a lot different than you expect.

Louise McCluskey, Year 13

I slept.

Rebecca Agnew, Year 14

I got really stressed but once I got my revision organised I was OK. Starting revision early helped.

Edward Craig, Year 14

I felt exhausted but I powered on through. I felt the weight gradually lift as I finished each exam and at the end I was just glad it was over. It was a real relief knowing I wouldn't have to do it again.

Hannah-May Gibb, Year 13

I didn't let stress build up. I just treated the exams as mocks so that I wouldn't freak out and forget everything. By putting in the work, you get a decent grade at the end.

Lauren Todd, Year 13

If you work you will get good results. I went over questions with friends and did past papers all the time and treated the real exams as if I was at home practising.

Demi Ritchie, Year 13

I made time to chill out by taking regular breaks, playing a sport and seeing friends.

Judith Cameron, Year 14

I stayed in a quiet room with my cat.

Katie McCluskey, Year 13

Well, things will turn out as they will at the end of the day I did the work and knew I did good enough which is why I am sitting here at 6th year. I was not stressed or worried. You get out what you put in. Simple!

Joshua Crilly, Year 13

I got really stressed but once I got my revision organised I was OK. Starting revision early helped.

Jasmine Baart, Year 14