

V Post-Exam Reflection & Recovery Check-In

For Key	Stage 4	(GCSE)	Students
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Purp	-	age 4 (GCSE) Students To reflect on the exam experience, manage post-exam stress, and support owth.
Q S	ection	1: Reflecting on the Exams
1.	How	did your exams go overall?
	0	☐ Really well
	0	☐ Quite well
	0	□ Okay
	0	□ Not so well
	0	☐ I found them very difficult
2.		t did you learn about your study habits? n-ended response
3.		t are you most proud of about your exam journey? n-ended response
 ;⊙ S∈	ection	2: Managing Emotions & Recovery
4.	How	are you feeling about your exam results?
	0	☐ Calm and optimistic
	0	☐ A bit nervous but managing



	0	☐ Anxious or worried
	0	□ Not sure
5.		are you doing to manage any stress or worry about results? n-ended response
6.	Are y	ou getting back into healthy routines (e.g. sleep, diet, hobbies)?
	0	☐ Yes, I'm doing well
	0	☐ Trying to get there
	0	☐ Not yet, but I want to
	0	☐ I need help with this
⊚ Se	ection	3: Moving Forward
⊚ S €	What	3: Moving Forward did you enjoy doing outside of school during the exam period? n-ended response
7.	What Oper What	did you enjoy doing outside of school during the exam period?
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9. What's one thing you'd like to do differently next time (if you had to take exams again)?

Open-ended response

** Support Tips & Ideas (share at the end or in feedback)

- **Example 2** Celebrate small wins Finishing your exams is a big achievement!
- Reconnect with hobbies Music, sports, gaming, reading—anything that brings you joy.
- Don't overthink Your results are just one part of your journey.
- <u>K</u> Try journaling Reflecting helps you release worries and understand yourself better.