



Useful Books and Resources

Blame My Brain – Nicola Morgan

The Teenager Guide To Stress – Nicola Morgan

Positive Teenage (Guide to Teenage Wellbeing) – Nicola Morgan

The Anxiety Workbook For Teens – Lisa M Schab

Help Your Boys Succeed - The Essential Guide For Parents – Gary Wilson

The 10 Step Guide To Acing Every Exam - Lucy Parsons

The Lazy Student's Revision Guide – Study Hacks For Exam Success
David Chapman

Release Your Inner Drive – Bradley Busch and Edward Watson

Coping With Exam Pressure – Ofqual see link below

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/781889/Student_guide.pdf

Kooth.con – on-line counselling service for young people

Hertfordshire.gov.uk/myteenbrain Tips and advice for parents