



# Time starts now

**Abiola Bello, 17 examines exam pressure**

'You have to do well' you tell yourself as you turn the first page of the exam paper. Did I revise enough? What happens if I don't do well? Would I be a failure? These questions drum through your head as you struggle with the first question.

Two weeks earlier your teachers were handing you masses of revision worksheets, encouraging you to keep working. It's not like you're a bad student, you listen well in lessons and you meet deadlines, however once exams start you panic.

There's so much pressure placed on us, at such a young age, to get straight As. We're made to feel that we'll be letting teachers, parents and ourselves down.

A study by [parentingteens.com](http://parentingteens.com)

showed that schoolwork caused '68% of all stress in teenagers across the UK.' They also said, 'Only 17% asked for help and support.' Many young people in the UK cannot cope with exam pressure, and some are driven to depression and suicide.

I feel that exam stress is caused by the high expectations from teachers and parents. These standards put unhelpful pressure on teenagers. The Times newspaper reported that in the spring of this year Emily Weiss, a 14-year-old girl from Mill Hill, north London hung herself due to her approaching exams. A friend of Emily's said: 'She had become very depressed. It was coming up to exam time at school and I think it was all getting too much.' This shows that

the pressure needs to be reduced and the students taking the exams need to be able to speak to someone about any stress or anxiety they have.

An article on the BBC News website shows that 72% of students in an average UK class hope to go to university. Universities in 2011

require someone to be academic. Our most local major university, Middlesex, expects you to have 6 A\*-C grades at GCSE level that include Maths and English, and three A level or equivalent qualifications related to the course you want to do.

The stress on youngsters occurs as the requirements to get into university are raised and GCSEs are becoming more important. However some of the most successful and famous people in the world, such as Mark Zuckerberg, creator of Facebook, and Bill Gates, creator of Microsoft, do not have degrees and yet still made something of themselves.

How important is university anyway? A journalist, Tim Ross who

wrote for [thisislondon.co.uk](http://thisislondon.co.uk) states 'students were warned not to go to university in hope of a better-paid career' and an article written by business owner Daniel Scocco on [dailyblogtips.com](http://dailyblogtips.com) said '18 months ago I started working on the internet with my own websites, I guess I have been using 5% of what I learned in the university, if that.' Not going to university doesn't mean you won't get a job, so why have all this stress as a teenager? If people can become as successful as Bill Gates without higher education, why can't we?

## Exposure wins lotto! By Sam Harrison, 15

Exposure has received a massive £171k from the National Lottery! Amazing news as it was six months ago that Haringey Youth Service cut core funding to our project. Exposure can continue to support local young people. Currently only 1 in 10 applications for funding get approved by the Lottery, so we'll pat ourselves on the back!

