

Exam experience and young people with long term health conditions

This resource aims to equip educators with the insights needed to implement thoughtful and effective adjustments, ensuring a more equitable environment for every student

Long term health conditions

Approximately a quarter of young people in the UK live with a long term health condition.

Long Term Conditions are those that cannot, at present, be cured, but people living with these conditions can be supported to maintain a good quality of life

Health condition effects on health and exam prep

2/3 of respondents felt their health condition had a severe impact on their ability to prepare for exams.

It is important to remember that just because a young person has lived with their condition for a long time it doesn't mean that it isn't unpredictable.

Even the best controlled health conditions can flair up suddenly, particularly at times of stress.

Adjustments


90% of participants needed adjustments for their exams but approximately a quarter weren't able to access their planned adjustments.

Adjustments available

- Extra time
- Rest Breaks
- Laptop
- Reader
- Scribe
- Small Room
- Alternative timing
- Sat exam in hospital
- Did not sit exam



Quotes

 I had to sit my exams whilst I was VERY ILL and was not allowed to take my predicted grades. I was not able to take the exams at a time that suited my treatment schedule which impacted my medical treatment

The unpredictability of flare-ups is difficult when exam times are non-flexible



The use of a laptop really helped to reduce my pain

Taking my medication is difficult as it improved my pain but it often made me more tired and affected how I could concentrate



I had a fantastic experience when it came to extra time, my own room and rest breaks. It really helped my anxiety to know I could pause and not worry about time limits

