

REST BREAKS

A rest break is a break which a student can use within an exam.

- Rest breaks benefit students who suffer from stress, lack of concentration, medical issues. The student must provide medical evidence to support this requirement.

The student is usually in a smaller room with other students, or in their own room if appropriate.

Rest breaks are used in different ways:

- Some students take a few short breaks to rest an injury or physical disability and just sit quietly in the exam room
- Some students like to take a short walk.
- Some just stretch where they are.
- They may go to the toilet, or have a snack.
- They may need to check blood sugar levels and give insulin if required.

NB: A Rest break is for taking a rest from the exam, not for thinking time or processing information, therefore the exam paper will not be on show and the student must not engage with the exam during this time.

Varndean College's policy is that a student be allowed rest breaks totalling 10 minutes per hour. So, a student sitting a 2 hour examination will be allowed a maximum of 20 minutes rest break.

Deviations from this will be discussed and agreed with the candidate in advance of their exam.

Guidance recommends that students receiving more than 25% extra time do not also receive rest breaks, as this can exacerbate stress and fatigue. These instances will be decided on a case by case basis.

There will be some constraints on timing if the candidate has more than one exam on each day.

When in an exam the procedure is as follows:

- You will be given a rest break sheet on which you write your name, it will have the start and finish time of the exam.

- You can indicate to the invigilator when you want to take your break, by raising your hand, the invigilator will then note the time on the rest break sheet.
- If you leave the room you will be accompanied by a member of staff whilst on your rest break.
- When you have finished your rest break the time will be noted and these minutes will be added onto the end of the exam.