

Supervised Rest Breaks

- Supervised rest breaks, or "stop-the-clock" breaks allow you to pause your exam to rest, stretch, or handle medical needs.
- We "stop the clock" so you do not lose any working time. They are often awarded for students with neurodivergence, severe anxiety, or physical and medical conditions.



How to take a break....

- **Start Your Break:** Raise your hand and tell the invigilator you need a break. They will note the time on a record sheet.
- **The Exam Paper:** During the break, you cannot look at, read, or write on your exam paper. You must leave your papers face-down.
- **Returning to Work:** Tell the invigilator when you are ready to restart. The exact break duration is added directly to your exam end time.



How long can I have?

- **Duration:** The standard allowance is usually 10 minutes per hour of the exam.
- **Restriction Windows:** Breaks are typically not allowed during the first 10 minutes or the final 15–30 minutes of an exam, except in medical emergencies.
- **Optional Use:** You do not *have* to use your allocated break time. If you feel fine, you can work straight through.



What can I do?

- **Rest:** A candidate can remain at their desk quietly.
- **Movement:** If the candidate needs to stretch, walk or go to the bathroom, an invigilator will accompany them.
- **Medical Needs:** If a candidate needs to check blood sugar levels or take medication they can do so in a designated area with an invigilator.