

Key points to remember....

- Be organised—know when and where your exams are, and what resources are out there to help you.
- Plan your revision— small, manageable chunks, with scheduled breaks
- Use different revision techniques to make it fresh, interesting and memorable
- Keep calm! Use slow, steady breathing to calm those butterflies
- Positive Mental Attitude! If you tell yourself you can do it you'll feel more positive and confident in the exam room.
- Finally....DON'T LOOK BACK! Don't dwell on the mistakes you think you've made in the past—focus on how to put it right in the future.

WHETHER YOU
THINK YOU CAN,
OR THINK YOU CAN'T,
YOU'RE RIGHT.

HENRY FORD

Agencies which can offer support and information

- ◆ SupportLine Telephone Helpline: 01708 765200, email info@supportline.org.uk
- ◆ Childline: 0800 1111, www.childline.org.uk
- ◆ www.channel4.com/health - includes information on exam stress
- ◆ www.ehow.com - put Exams in search engine at top of homepage
- ◆ www.There4me.com - website for 12-16 year olds - confidential online advice
- ◆ www.videojug.com - put Exams in search engine at top of homepage

- For further information about how to manage exam nerves speak to Miss Cliff

Park Hall Academy

▶ Managing Exam Stress



Exams....be organised, be positive, stay confident.

Revision Techniques

- **REVISION TIMETABLE**—divide your day into units (like the school day) and revise different subjects in each time block. Revising different subjects will refresh your brain, making it more able to absorb information.
- **START EASY**—start by revising the subjects you like most before moving on to the ones you like least. This will be more motivating and will get you in the revision mood. Similarly, end by revising a subject you like so that you finish on a 'revision high'. Think of a sandwich, with your worst subject sandwiched between two nice ones!
- **TAKE REGULAR BREAKS**—your brain is a muscle like any other and needs regular breaks to rejuvenate itself. Schedule breaks into your timetable and stick to them!
- **BE CREATIVE**—Make revision fun and creative. Use the internet, revise with friends, draw pictures to act as triggers, put key words onto Post Its and stick them all over your house, or try changing the lyrics of your favourite song to Maths equations or historical facts!
- **REWARD YOURSELF**—give yourself plenty of 'pats on the back' throughout your revision sessions. Have a reward to look forward to at the end, such as a big chocolate bar or going out with friends.

Keep those nerves under control!

- Avoid last minute cramming as this can confuse you. If you have planned your revision carefully you shouldn't need to do this.
- Find a way to **relax** and **take your mind off the exam** the night before—read a book, watch a film or do some exercise.
- **STAY POSITIVE**—a positive mind = a positive outcome. If you tell yourself you can do it you will feel more confident, whereas if you tell yourself you can't do it you will just heighten those nerves.
- Put positive images in your mind—imagine yourself in the exam, doing well and being able to answer the questions. Remember, if you've put the work in **YOU CAN DO IT!**
- Stick to your morning routine. Make sure you are up early enough to get ready and have breakfast so that you don't feel rushed. Steer clear of caffeine (coffee and tea) as it is a stimulant and so can make nerves feel worse.
- **BREATHE**—If those butterflies start to kick in, focus on something inanimate (a wall or a picture) and take long deep breaths.
- Don't compare notes with friends before you enter the exam room—conversations about how much revision you've done or how nervous you're feeling will only make you more anxious. Instead, find a space to sit quietly or listen to music.

During the exam.....

- Read the question carefully. If you start to feel panicky, repeat the breathing exercise.
- Read through the paper and mark the questions you think you can answer. Answer the questions you are most confident about first. This will give you more confidence when you start to answer trickier ones.
- Plan your answers so that you don't forget, mid-paragraph, what you want to include.
- Keep focused—don't worry about the next question, just concentrate on the one you're answering, taking each one a step at a time.
- Positive self-talk—replace thoughts of "I can't do this" with "I'll be OK, I'm prepared and I can do this".
- If those negative thoughts keep coming, actively stop them by imagining a big red STOP sign.

And Finally.....

DON'T DWELL ON THE PAST!!! When the exam is over don't compare notes with friends or think about all the things you may have got wrong. No amount of worrying can magically change your answers. Instead, put your energy into preparation for your next exam.