

The background features a large, dark purple shape on the left side that curves towards the center. Overlapping this is a lighter, medium-purple shape that also curves. In the center, there is a light blue, irregular shape that resembles a stylized human head or a brain. The text is centered over these shapes.

Turton's Be Kind To My
Mind Champions

Exam Stress

Welcome

Hello and welcome to the Exam Stress booklet created by Turton's Be Kind To My Mind Champions. We are a group in school who are passionate about supporting and promoting positive mental health for students. We have created some resources with pupils in mind and hope you find them helpful!



The BK TMM Team

For further support & information
please go to
www.bekindtomymind.co.uk



EXAM STRESS



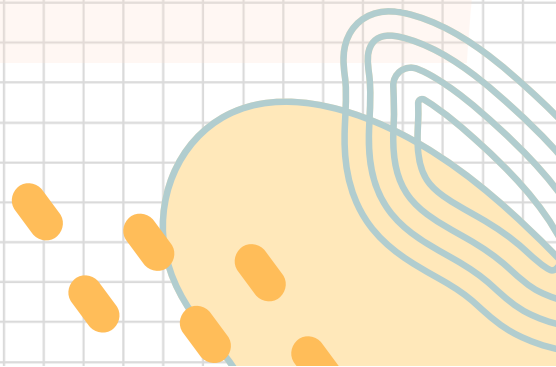
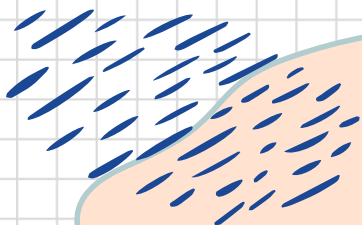
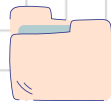
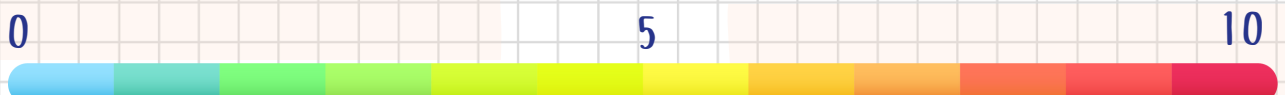
EXAMS CAN COME WITH A LOT OF PRESSURE AND MAKE US FEEL REALLY STRESSED.

YOU MIGHT FEEL ESPECIALLY WORRIED BECAUSE OF CHANGES TO EXAMS AND ASSESSMENTS SINCE THE START OF THE CORONAVIRUS PANDEMIC.

IF YOU'RE STRUGGLING TO COPE, YOU'RE NOT ALONE. WE'RE HERE TO HELP YOU MANAGE YOUR FEELINGS AROUND EXAMS AND FIND WAYS TO COPE.



RATE HOW STRESSED YOU FEEL ON THE SCALE BELOW





WHAT CAUSES EXAM STRESS?

Exams can be stressful on their own, but other things might cause you to feel worse. These might include:



FEELING LIKE YOU'RE NOT READY OR PREPARED FOR EXAMS, LIKE LEAVING REVISION TOO LATE.

WORRYING ABOUT HOW YOU'LL FEEL AND PERFORM DURING THE EXAM, ESPECIALLY WHEN YOU DON'T KNOW WHAT WILL BE IN IT.

PRESSURE FROM OTHERS, LIKE PARENTS, CARERS OR TEACHERS.

COMPARING YOURSELF TO OTHERS, LIKE BELIEVING YOU HAVE TO GET THE SAME RESULTS AS YOUR FRIENDS.

WORRYING ABOUT THE FUTURE, LIKE GETTING INTO UNIVERSITY OR GETTING A JOB.

HAVING DIFFICULTIES AT HOME OR IN YOUR RELATIONSHIPS WITH FAMILY, FRIENDS OR PARTNERS.



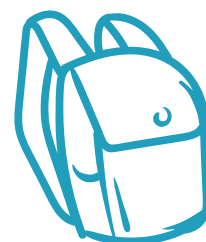
What Helps?



Keep it in perspective

Lots of people will tell you this, because it's true - exams aren't everything. Whatever happens in your exams, you can still be successful in life afterwards. So if you don't do as well as you'd hoped, try to keep things in perspective.

- Employers don't just look at your exam scores. They're just as interested in your attitude, your transferable skills and how well you'll get on with other people.
- Exam success doesn't define you as a person. Everyone copes differently in different situations and there's so much more to your personality than how well you can respond to an exam.
 - Think about how far you've come already. You've already done incredibly well to get to university, and stopping or failing exams at this point isn't 'throwing away' your past success.
 - Once you've done an exam, try to forget about it. There's nothing you can do about it, and worrying won't change your mark.

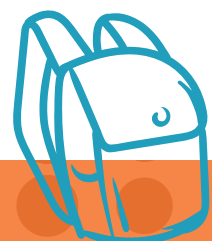


What Helps?



Get into some good habits

- Take frequent breaks. We can only concentrate properly for 30-45 minutes. You could use a technique like Pomodoro, that helps you to take regular breaks. When you do take a break make sure you don't stay at your desk, you could go for a walk or even just make a cup of tea!
- Eat well. Keep a good blood sugars level to avoid highs and lows of energy, by eating slow-release foods like bread, rice, pasta, fruit and veg.
 - Drink lots of water. People often underestimate how much hydration helps!
- Think about when and where you work best. Not everyone is a morning person, and some people don't find the library a productive place to work. There's no one best place or time to work - it's about what works for you.
- Keep active. Even a short walk will do. Exercising is one of the quickest and most effective ways to de-stress. Fresh air will clear your head and perk you up.
- Try to get about 8 hours' sleep a night. If you're stressed about not being able to sleep, there are lots of ways to aid a good night's sleep.
- Find activities that help you relax. Maybe it's a hot bath, watching a TV show, or a creative activity. Schedule this down-time into your timetable.



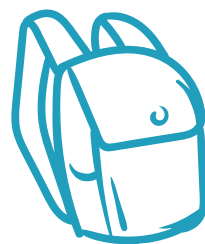


What Helps?



Get that organised feeling

- Picture your exams as a time-bound project. Are the exams 60 days away? That's your 60-day challenge. Best of all, there's a definite end point.
- Work out the basics: which exams you have, how the marks are allocated, and how much you have to learn for each one. Don't expect to learn everything; but having in mind where you'll get the marks can help you prioritise.
- Break your revision down into small chunks, and form a plan. Once you've got a plan, you won't have any more dilemmas at the start of the day about what to work on.
- Schedule in plenty of free time to unwind, and protect this time. Nobody can work all day every day. If you give yourself plenty of rest you can do the same amount of work in half the time or less.
- Equally, don't panic if you go slightly off schedule - tomorrow is another day.





What Helps?



Get support from friends and family

- Don't be put off by friends saying that they are doing huge amounts of revision. As already mentioned, that's probably not actually a productive or efficient way of working long term. One of the key reasons people feel exam stress is due to comparing themselves to other people.
- If you can, discuss with your parents what they are expecting you to achieve. Parents with steep or unrealistic expectations will just add unnecessary pressure. It's helpful to let them know what you think you have the capacity to achieve, and to insist that the best way to get there is to have support from your parents, not pressure.
- If you're feeling really worried or anxious, chat to a good friend, family member, or tutor. It helps to get it out of your system, and they may well be able to help think about practical strategies to deal with exam stress.



Cornell Style

This is great for power point notes and helps when making flash cards for revision!

Title

Key words or cues (use these to make flash cards)

Main Notes

Summary

USING FLASHCARDS TO REVISE

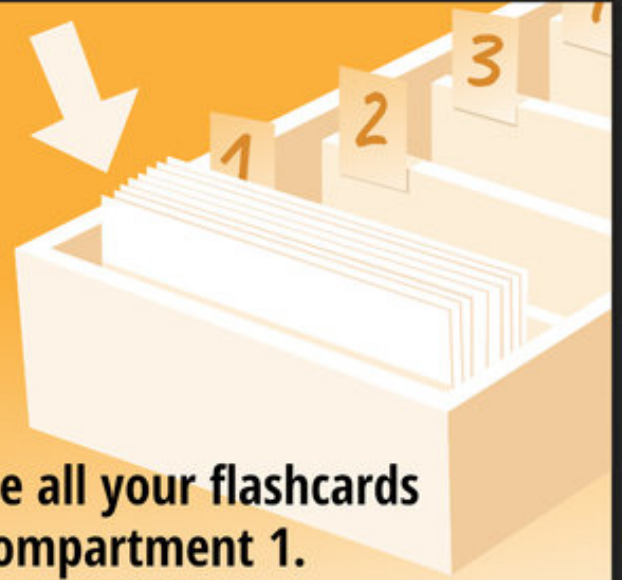
by @inner_drive | www.innerdrive.co.uk

1 Split a box into 5 different compartments and label them 1 to 5.



2

Place all your flashcards in compartment 1.

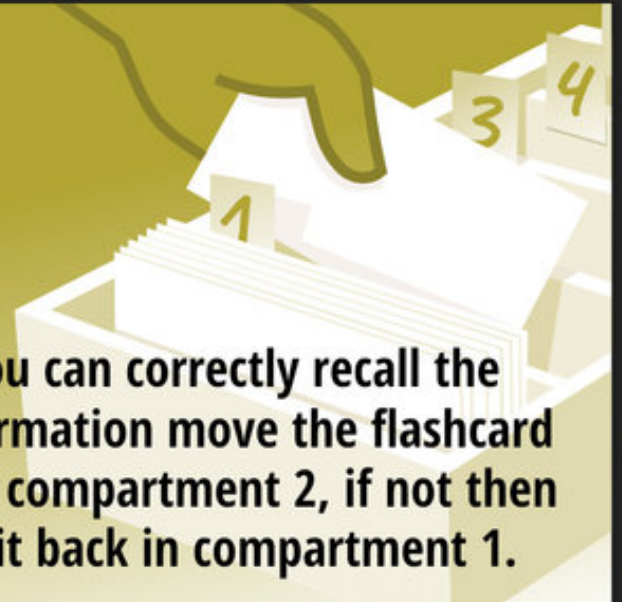


3 Test yourself on a flashcard



4

If you can correctly recall the information move the flashcard into compartment 2, if not then put it back in compartment 1.



5 Continue to test yourself and each time you correctly recall the information, move the flashcard into the next compartment. Flashcards from compartment 1 should be reviewed daily, with flashcards from compartment 2 being reviewed every other day, compartment 3 every third day and so on.



6

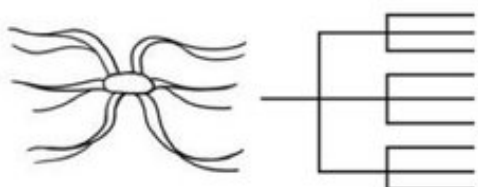
Eventually, all your flashcards will have been transferred to compartment 5 and the information they contain stored in your long-term memory.



Learning/Revision Techniques

Map It

Create a mind map of the key points.



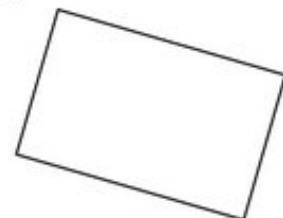
Journey It

Remember lists of information by placing images on a journey.



Index It

Transfer the key points to index cards.



Story It

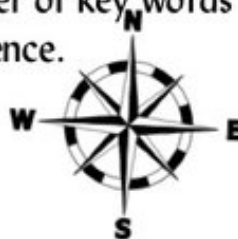
Create a weird and vivid story using the key points.



Mnemonic It

Use the first letter of key words to create a sentence.

A well known example:
Never
Eat
Shredded
Wheat



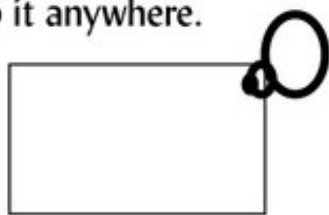
Click It

Create a presentation about the key points.



Flip It

Write questions and answers and flip it anywhere.



Timeline It

Place key points along a line in date order.



Sing It

Set key points to some familiar music/rap.



Record It

Use your mobile to record yourself explaining the key points and play it back regularly.



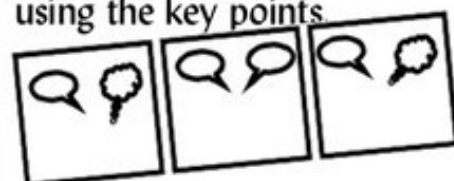
Post It

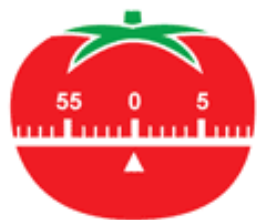
Write key words on to Post Its and stick them around your room.



Comic It

Create your own comic strip using the key points.

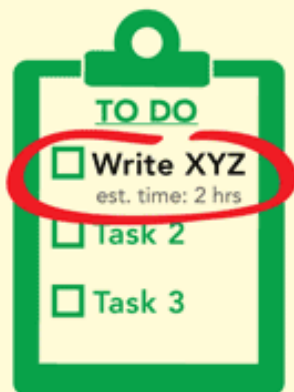




THE POMODORO TECHNIQUE

NAMED AFTER THE ITALIAN WORD FOR TOMATO SINCE THE TIMER USED BY THE TECHNIQUE'S CREATOR WAS SHAPED AS A TOMATO

PICK A TASK



A list should be planned ahead of time.

SET THE TIMER TO 25 MINUTES



Although a mechanical timer is suggested (like this tomato-shaped kitchen timer), any type will do.

GET TO WORK



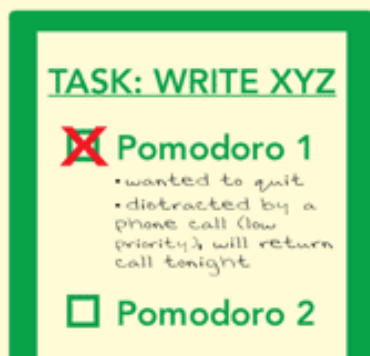
NO DISTRACTIONS ALLOWED

STOP WHEN TIME IS UP



This block of work time is called a POMODORO.

RECORD PROGRESS



Make note of anything that could aid future improvement.

TAKE A FIVE MINUTE BREAK



Breaks keep you fresh.

GET BACK TO WORK



AND REPEAT PREVIOUS STEPS

AFTER THE FOURTH POMODORO TAKE A LONGER BREAK (15 - 30 MINUTES)



Squeeze in mindless chores for increased productivity.

CONTINUE LIKEWISE UNTIL CALLING IT A DAY



With such focus and flow, time is used more efficiently while reducing mental fatigue.



Week commencing: _____

My Weekly Revision Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 am							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							

Tip 1: Stay positive - if you work hard and practise effectively, you will succeed!

Tip 2: Test yourself, don't just read. Use practice questions and mark them or re-write notes from memory.

Tip 3: Be disciplined - stick to your plan! You can change/move it, but make sure you stick to it!

Study

S E S S I O N S

SUBJECT:

TO DO TODAY

POMODORO METHOD

good for four hours

25 minutes

5 minutes break

25 minutes

5 minutes break

25 minutes

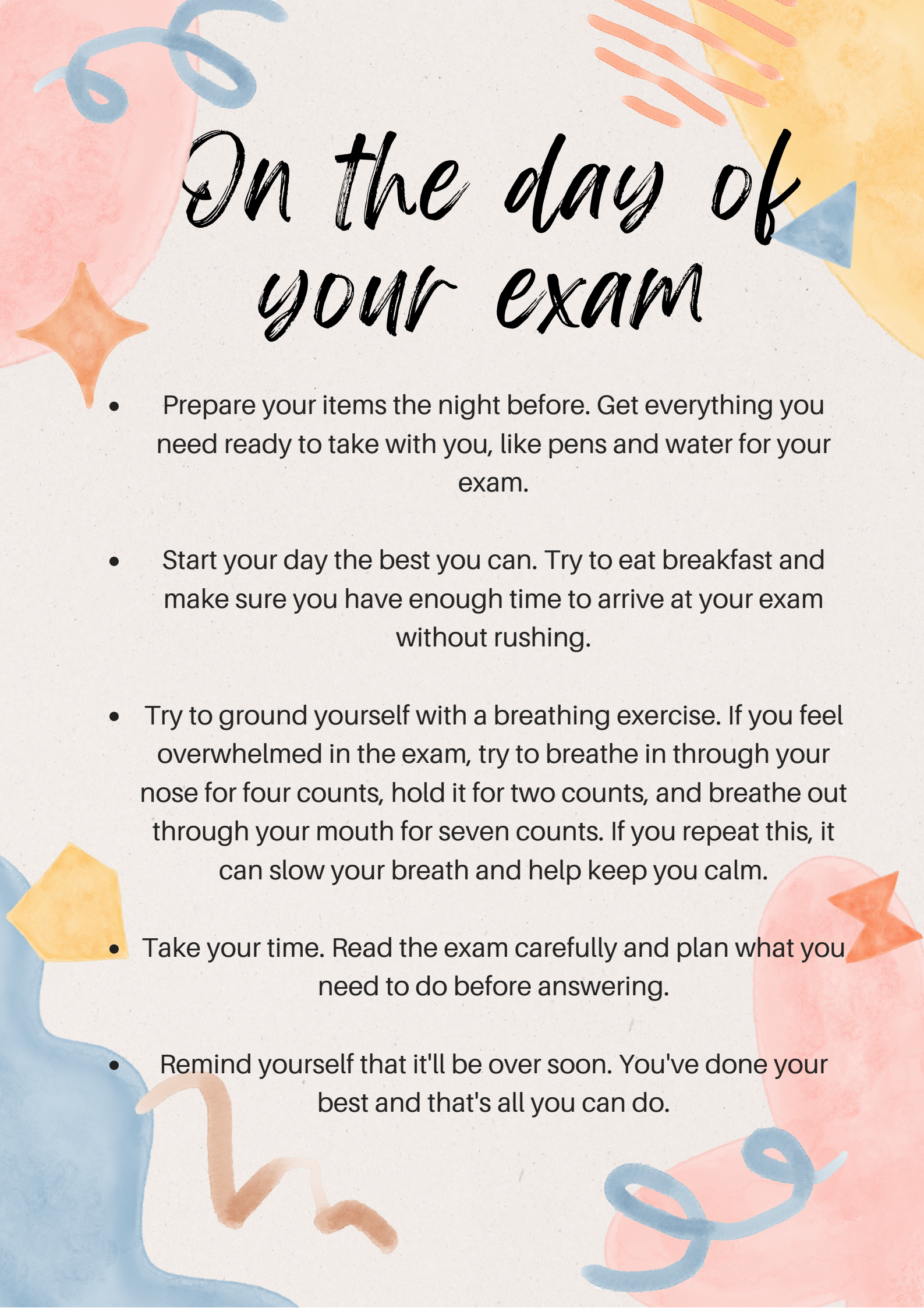
5 minutes break

25 minutes

5 minutes break

NOTES

IMPORTANT



In the day of your exam

- Prepare your items the night before. Get everything you need ready to take with you, like pens and water for your exam.
- Start your day the best you can. Try to eat breakfast and make sure you have enough time to arrive at your exam without rushing.
- Try to ground yourself with a breathing exercise. If you feel overwhelmed in the exam, try to breathe in through your nose for four counts, hold it for two counts, and breathe out through your mouth for seven counts. If you repeat this, it can slow your breath and help keep you calm.
- Take your time. Read the exam carefully and plan what you need to do before answering.
- Remind yourself that it'll be over soon. You've done your best and that's all you can do.

Brain Dump

