

Starter: What does this photo make you think of? What does it make you feel?



# Overview (2 minutes)

## Exam Stress and Revision techniques:



### We are learning to:

Identify what exam stress is and how we can best manage this in the lead up to Formal Assessments.

### Learning outcomes:

- I am developing the skills and attributes which I will need for learning, life and work. I am gaining understanding of the relevance of my current learning to future opportunities. This is helping me to make informed choices about my life and learning. HWB 3-19a



# What is exam stress?



- Everyone feels **stressed** during **exams**. This usually means that you feel tired, under pressure, confused, worried that you won't do well etc. This is normal and often encourages us to do that extra bit of revision, listen a little more to the information in a lesson and work a bit harder.

- **Some signs of stress include:**

- Feeling confused
- Losing touch with friends
- Feeling moody and low
- Having trouble making decisions
- Feeling overwhelmed
- Lack of motivation to do anything
- Trouble sleeping or getting out of bed
- Tense muscles or headaches
- Having an upset stomach or feeling sick
- Fidgeting, nail biting, teeth grinding





# Why do people experience exam stress?

- ✓ Worry they might fail
- ✓ Don't feel prepared
- ✓ Want to do really well
- ✓ Don't have much time to study
- ✓ Need to get a certain result
- ✓ Don't think they will do well
- ✓ Find it hard to understand what they're studying
- ✓ Feel pressure from family to get good marks
- ✓ Feel they need to compete with others
- ✓ Have other things happening in their life

# It's never too late to set up good study habits. Here are some helpful ideas:



- Find a **quiet place** to study without distractions.
- **Set-up** your study space. Make sure it's not too cluttered and has everything you might need.
- **Find out** as much as you can about the exam so you can prepare.
- **Ask your teacher** if you're unsure of what will be tested.
- Learn to make '**mind maps**' and use them to collect ideas and thoughts, use bright colours to help remember important links.
- Make a **plan** of what you want to work on in each study session. Break it down into small tasks and work on one task at a time.
- Make sure you have a **Revision Timetable**.
- **Take regular short breaks** – use this time to have a drink, get something to eat or play with a pet.
- **Ask for help** - If you're having trouble with something you're studying ask a teacher, friend, sibling or parent to help.





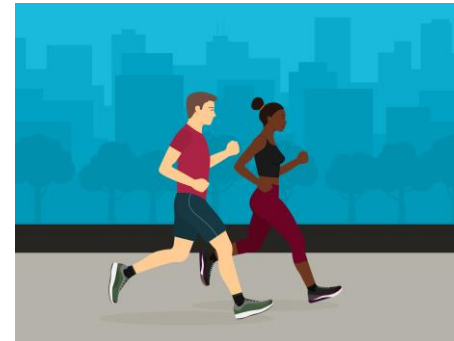
# Conquering Exam Stress: Lessons From Our Bodies



- There are four key factors that you need to look after in order to be in the right mindset for revision. These are:

- **Nutrition**
- **Sleep**
- **Socialising**
- **Exercise**

- <https://www.youtube.com/watch?v=-RZ86OB9hw4> (3 minutes)

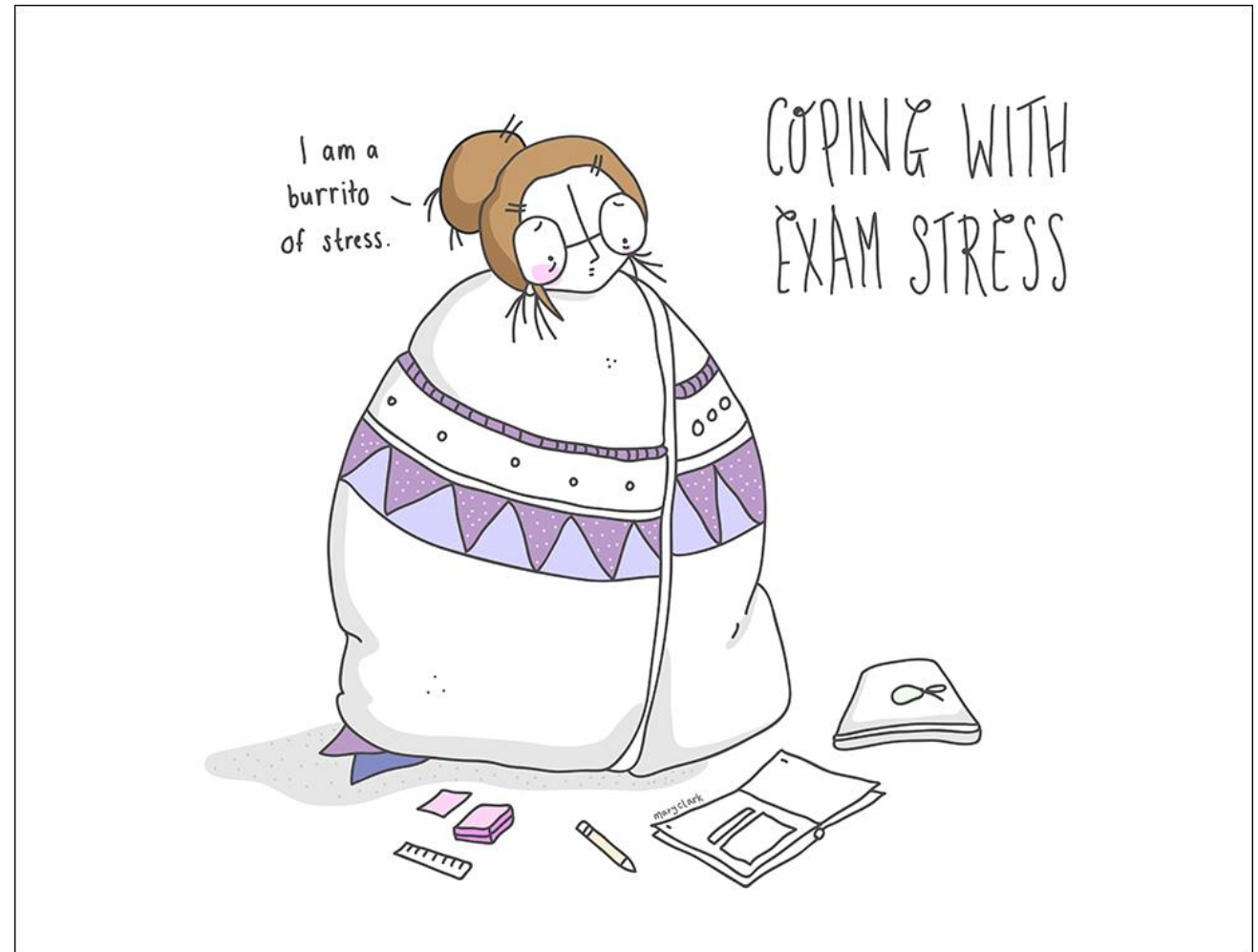
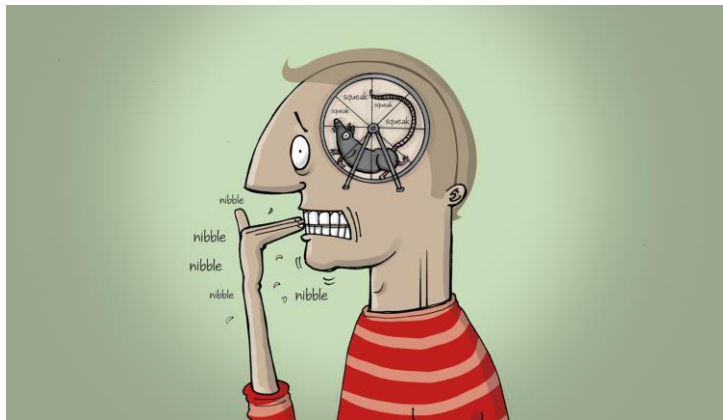


- Tending to these factors is **not a waste of time** and will help you do better on your exams!



# How to cope with exam stress:

- **Video 1:**  
<https://www.youtube.com/watch?v=7AgswlakjRw> (2 minutes)
- **Video 2:**  
<https://www.youtube.com/watch?v=nmexQDO4c> 8 (6 minutes)





## Try these tips and tricks:



Stick to a routine by eating and sleeping at around the same time each day



Get a good night's sleep. This gives your brain time to recharge and remember what you've learnt.



Give yourself mini rewards once you achieve your study goals – watch a TV show or go for a run



Keep focused on your study – don't let other stuff like friendship worries distract you.



Avoid junk food - it will bring a sudden burst of energy and then fall away quickly leaving you feeling worn-out.



Eat a well-balanced diet - lots of fresh fruit, vegetables, cereals, grains, nuts and protein are all good for the brain and energy levels.



Allow yourself time to rest – try out some relaxation activities like deep breathing, meditation or listening to music.



Cut back on energy drinks they can increase nerves. Drink lots of water instead!



# Here are some tips to help exam day go smoothly:



- Work out what you need to take with you on exam day and organise this the night before.
- Eat a good, light breakfast – this will help with energy and concentration.
- Go to the toilet before the exam starts.
- If you feel yourself getting worried before your exam - spend some time focusing on your breathing.
- When you sit down to do your exam, take time to slow your breathing and relax.
- Read through the exam paper carefully. Underline key words and instructions.
- Work out how long you have for each question or section.
- Aim to have time to re-read answers through and to make any changes.
- Work on the questions that you find easiest first.



BE AMBITIOUS

BE ORGANISED

BE FOCUSED

BE PREPARED

BE AN EXPERT

BE PRACTISED



# HOW TO STOP YOURSELF PANICKING IN EXAMS



## 1. PREPARATION

- Revise so you know your stuff
- Practice your exam technique



## 2. ON EXAM DAY

- Set an alarm
- Eat breakfast
- Get there on time
- Don't have stressful conversations



## 3. IN THE EXAM

- Breathe deeply
- Have an exam ritual
- Repeat positive mantras
- Dismiss negative thoughts
- Keep to time

# Revision tips: Why do Formal Assessments??



- Active recall is one of the best revision strategies you could possibly use. This means, that sitting a practice exam (Formal Assessments) is one of the best exercises you can do to prepare you for sitting the exams next spring.
- Watch the video below and make note of useful/interesting information in your jotters/on paper.
- <https://www.youtube.com/watch?v=ukLnPblffxE> (20 minutes)

Extra: 7 useful revision tips from a successful Oxbridge student:  
<https://www.youtube.com/watch?v=XgGrfz3Pfa4> (1 minute)





Plenary: After today's lesson, what advice would you give to this person now?

