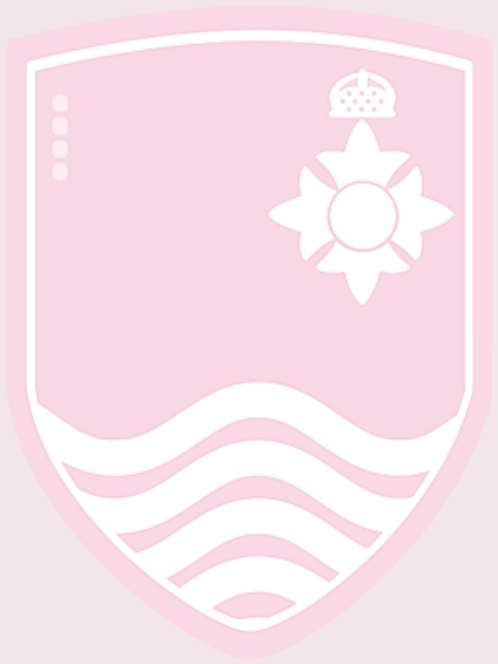


Exam Season is
upon us



**HARD WORK
BEATS TALENT
WHEN TALENT
DOESN'T WORK
HARD.**

Dame Elizabeth
Cadbury School

Aims of the presentation:

Section 1 – Why are we doing this?

Section 2 – Dealing with exam stress

Section 3 – Revision tips *(including handout from University of Birmingham on short guide to memory techniques)*

Section 4 – Example revision timetable

Section 5 – further support (if required)





Section 1

Why are we doing this?

The DEC vision and values continue to help us all reach our full potential as academics and individuals.



Our curriculum encourages pupils to **think harder** so they **know more**.

It aims to develop the **knowledge, skills and experiences**, to enable them to become **upstanding citizens** who make **informed and ambitious choices**.

<https://decschool.co.uk/our-values/>



Section 2

Dealing with exam stress

What is exam stress?

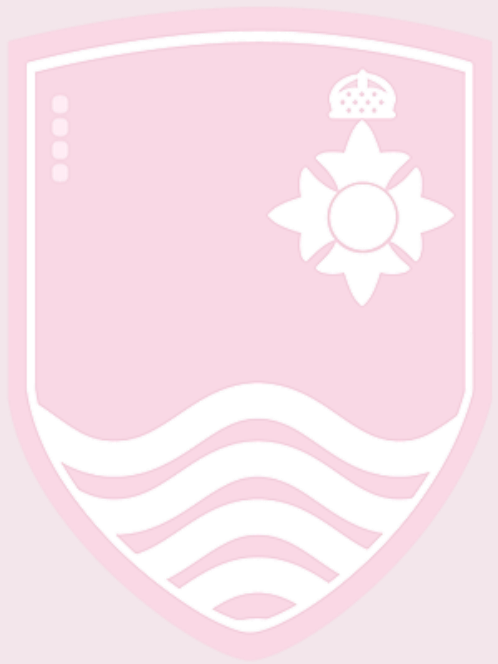
Working towards exams can feel overwhelming and create feelings of anxiousness for many students. It is very common to feel stressed about exams.

Exam stress might happen because:

- you are worried about how your exam results will affect your future;
- you haven't had time to revise or you feel underprepared;
- you are finding it hard to understand what you are learning;
- you feel pressure to succeed from yourself, society or other people in your life.

Whatever the reason for your exam stress, it is important to remember that you are not alone in how you are feeling.

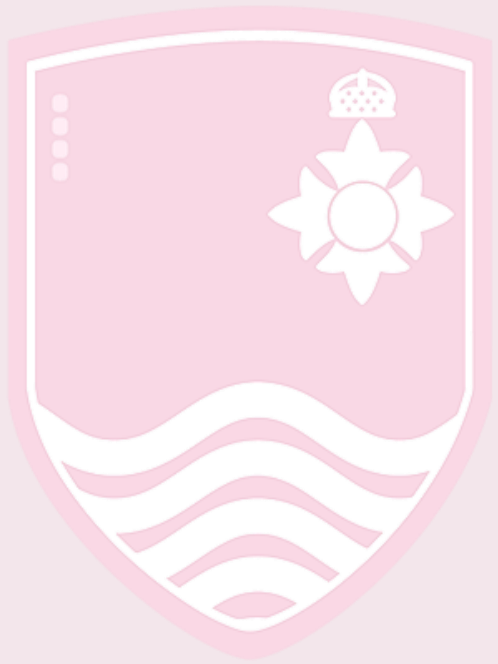
CONTROL THE CONTROLLABLE! (TIME AND EFFORT)



Signs of exam stress

Here are some signs that you might be feeling stressed:

- struggling to get to sleep or not sleeping well during the night
- feeling more tired than usual
- losing interest in hobbies or activities you usually enjoy
- mood swings or feeling irritable
- changes in eating habits or loss of appetite
- headaches or migraines
- low confidence or poor self-esteem
- forgetfulness
- being unable to concentrate on everyday tasks
- getting upset easily or feeling more emotional than usual
- feeling hopeless about the future



These signs may also come as a result of more general mental health difficulties. If you are worried about yourself or someone else, speak to a trusted adult.

Managing exam stress

Stress and anxiousness can make you feel less like yourself, but there are things you can do to reduce these feelings:

Talk to Someone

Speak to a parent or carer, teacher or **trusted adult** about how you are feeling. You **could also phone a helpline** if you would prefer to speak to **someone anonymously**. They will be **able to provide support and encouragement and offer a different perspective** to help you find practical solutions to cope with how you are feeling.



Reach Out to Friends

If you have **friends** who are also taking exams, they will **likely be experiencing many of the same thoughts and feelings**. Talking to your friends will help you to realise that you are not alone and can help to ease feelings of anxiousness. **Arranging revision sessions together** can allow you to **maintain some social interaction** while also helping you to prepare for your exams.



Managing exam stress



Set Boundaries

Although talking to others in the same situation as you can sometimes be helpful, it can also be a source of more stress. Try to **avoid surrounding yourself with people that constantly talk about the exams and how stressed they are**, as this is likely to make you feel more overwhelmed.

Take Care of Yourself

Make sure you are **eating properly** – including healthy snacks to maintain energy levels while revising – and **drink plenty of water**. **Exercise** can help to clear your mind and relieve stress, so take some time to go for a walk, cycle or swim, or **take part in a group activity such as football or netball**.



[11 Best Foods to Boost Your Brain and Memory](https://www.healthline.com/nutrition/11-brain-foods)
<https://www.healthline.com/nutrition/11-brain-foods>



Managing exam stress

Get Enough Sleep

Getting enough sleep is important in allowing your mind to rest and reset – **most young people need between 8 and 10 hours of sleep a night**. Don't stay up too late, and **find calming activities to help you wind down before bed**. Avoid stimulants such as caffeine and sugar too late in the day as, although you might feel more energised in the short-term, these can increase feelings of anxiousness and make it more difficult to get to sleep.



Stick to a Routine

Having a **regular routine** can help to **relieve feelings of stress and anxiousness**. Try to make sure that you **go to bed and wake up at the same time every day**, and **incorporate things that you enjoy** within your **daily routine**. This can include watching TV, playing games or socialising with friends – it doesn't all have to be about revision!





Section 3

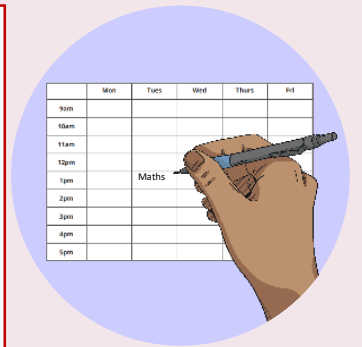
Revision tips

Revision tips

It can feel stressful when you have several exams coming up and have no idea where to start with your revision. Structuring your revision using these tips can help you to feel less overwhelmed.

Make a Plan

Creating a **revision timetable** can help to **structure your revision** and ensure that you are **spending enough time on each subject**. If you're not sure where to start, your subject teachers will be able to give you a list of topics to focus on.



Give Yourself Space

Give yourself a **dedicated space for your revision, ideally away from your bed and other spaces you use for relaxing**. Having all of your revision in one place will make it easier to find your notes and practice papers when you need them, and it means you can get away from it when you need to. When you **take a break, physically move yourself away from your revision space to allow your mind to fully relax**. If you prefer not to work at home or don't have the space, speak to a teacher about working at your school or college.



Revision tips



Set Realistic Targets

If you give yourself too many tasks to complete in a short space of time, you are more likely to feel like you've failed if you don't manage to get everything done. Try to **focus on one topic at a time and break up your revision into short chunks of time**. This way, you'll maintain your concentration and feel like you've achieved more at the end of the day, instead of worrying about what else you still need to do. It's also a good idea to **prioritise the things you need to work on most, and be prepared to adapt and change these priorities as exams get closer**.

Celebrate Success

Revision can feel never-ending, especially if you have lots of exams one after the other. **Remember to reward yourself for small wins**, such as finishing a chapter of your revision guide or completing a practice paper. It is important to recognise when you have done something well and use this to motivate yourself to carry on.

Have a plan and stick to it!

Students should each have an up to date plan on a template like that picture below...



Year 13 template - Independent study & revision timetable

| | 9:15 – 10:15am | 10:15 – 11:15am | 11:40 – 12:40pm | 1:10 – 2:10pm | 2:10 – 3:10pm | 3:10 – 4:00pm | 4:45– 5:30pm | 7:30 – 8:30pm |
|-----------|----------------|-----------------|-----------------|---------------|---------------|---------------|--------------|---------------|
| Monday | | | | | | | | |
| Tuesday | | | | | | | | |
| Wednesday | | | | | | | | |
| Thursday | | | | | | | | |
| Friday | | | | | | | | |
| Saturday | | | | | | | | |
| Sunday | | | | | | | | |



Revision Timetable



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Cadbury School

Task: Consider what a revision timetable might look like.

- Timetabled lessons are blocked out – you do however have 10 hours of independent study periods
- Block out time for activities (e.g. exercise) and meal times
- Remember to include regular breaks (be strict with these as well – don't procrastinate)
- Chunk your learning and include all subjects and topics
- Avoid late night revision sessions
- Reward yourself where possible – i.e. one episode of your favourite show after completion of an exam day
- Build in time for peer/group revision if this works for you
- Display this somewhere prominent – regularly view and review it. Cross off what you have done like a checklist (you'll be amazed how rewarding this feels)

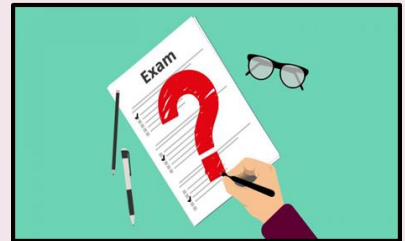


Exam Practice

- You will need to practice exam questions as well as revise.
- You may have revision workbooks that have questions in them for you to practice too.
- It will be a good idea to build in time to test on your revision timetable.
- They can always work with a revision buddy and test each other or with yourselves.
- They should have past questions and mark scheme examples to help them. Snippets of examiner reports can be very helpful (speak to your teachers for these)



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Common revision methods...



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- ✓ Reading through notes and highlighting key points
- ✓ Condensing notes – summarising into key points
- ✓ Testing yourself (i.e. knowledge drills, exam questions)
- ✓ Testing and revising with a friend
- ✓ Making mind maps
- ✓ Knowledge organisers
- ✓ Flow charts
- ✓ Flash cards
- ✓ Memory techniques (refer to printout of UOB short guide to memory techniques)
- ✓ Retrieval practice



A short guide to memory techniques...



<https://libguides.bham.ac.uk/asc/memorytechniques>



Section 4

Example revision timetable

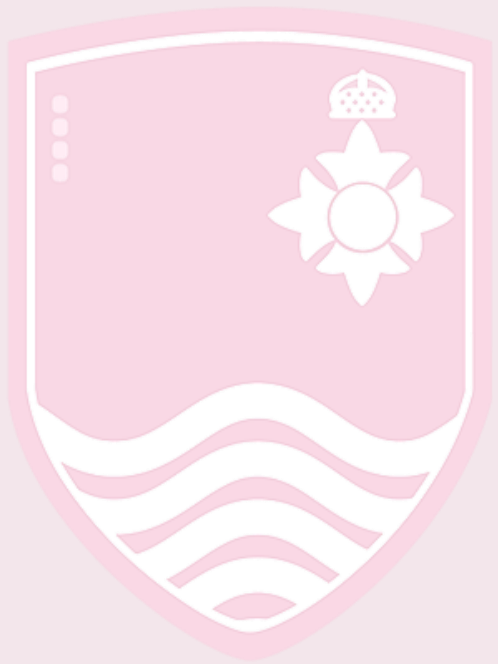
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|-----------|--------------------------------|---------------------|-----------------------|-------------------------|------------------------------|---------------|--|-----------------------------------|----------------------------|----------------------|
| Monday | Maths Lesson | Maths exam practice | Chemistry lesson | Chemistry lesson | Chemistry exam practice | Exercise | 4:00 – 5:30 Cook something healthy & relax | Physics revision cards/resource | 6:30 – 7:30 TV & Socialise | Peer test phone call |
| Tuesday | Physics lesson | Maths Lesson | Physics exam practice | Maths Lesson | Group revision – any subject | Exercise | | Maths revision cards/resource | | Peer test phone call |
| Wednesday | Group revision – any subject | Chemistry lesson | Physics lesson | Chemistry exam practice | Physics exam practice | Exercise | | Chemistry revision cards/resource | | Peer test phone call |
| Thursday | Physics lesson | Maths exam practice | Maths Lesson | Chemistry lesson | Group revision – any subject | Exercise | | Revision materials – my choice | | Peer test phone call |
| Friday | Chemistry lesson | Chess club | Physics lesson | Physics lesson | Maths Lesson | Exercise | | My time | | My time |
| Saturday | Revision materials – my choice | Exercise | | | | | | | | |
| Sunday | Revision materials – my choice | Exercise | | | | | | Peer test phone call | | |



Section 5

Further support (if required)

Seeking further support



For more help and advice around exam stress and results, you may wish to visit the following websites:

Childline www.childline.org.uk

Young Minds www.youngminds.org.uk

Bitesize Support www.bbc.co.uk/bitesize/support

Gov uk <https://www.gov.uk/government/publications/coping-with-exam-pressure-a-guide-for-students/coping-with-exam-pressure-a-guide-for-students>