

DEALING WITH EXAM STRESS



Agree/disagree?

**STRESS IS
GOOD FOR
YOU**



Session outcomes



Recognise what exam stress
is and where it comes from



Understand why we get
exam stress



Develop awareness of your
own unique stress response

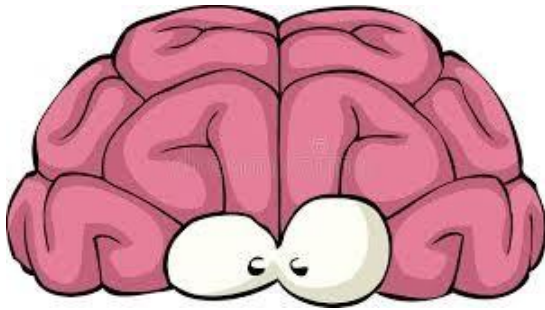


Learn strategies to manage
stress



<https://www.youtube.com/watch?v=fVkSnPz5JO0>

What does stress look like?

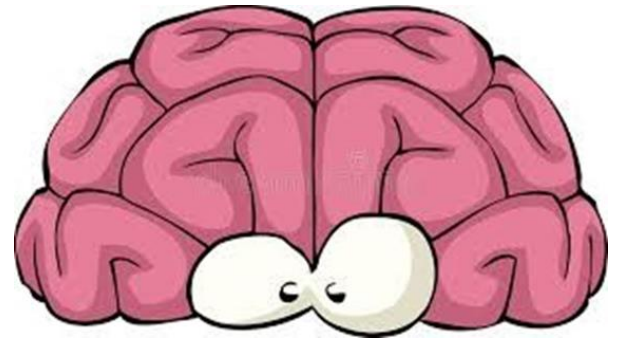


MIND



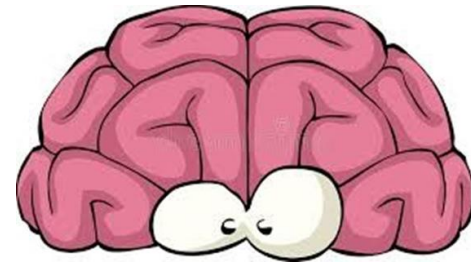
BEHAVIOUR

My stress beaker

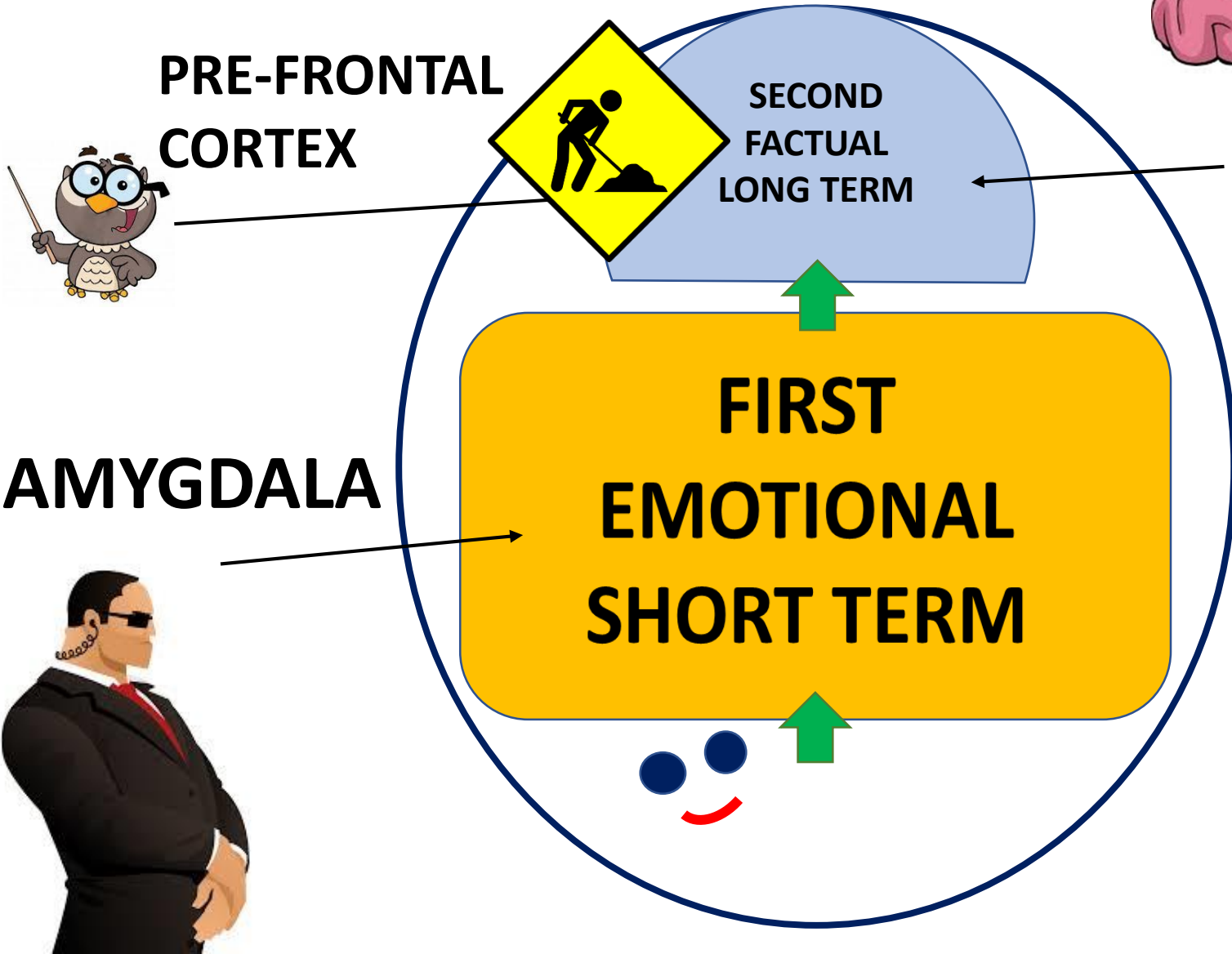


How I respond
to things
happening
around me





**EXAM
BRAIN!**



**PRE-FRONTAL
CORTEX**

AMYGDALA

**SECOND
FACTUAL
LONG TERM**

**FIRST
EMOTIONAL
SHORT TERM**

IF I REVISE
AND DO MY
BEST, THEN
I'LL DO AS
WELL AS I CAN

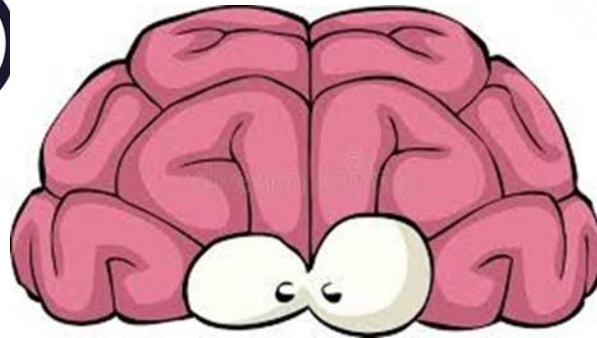
PFC

ARGH! IT'S
TOO
HARD. I'M
GOING TO
FAIL

A

I'LL FORGET IT
ALL AND FAIL
AND END UP
JOBLESS

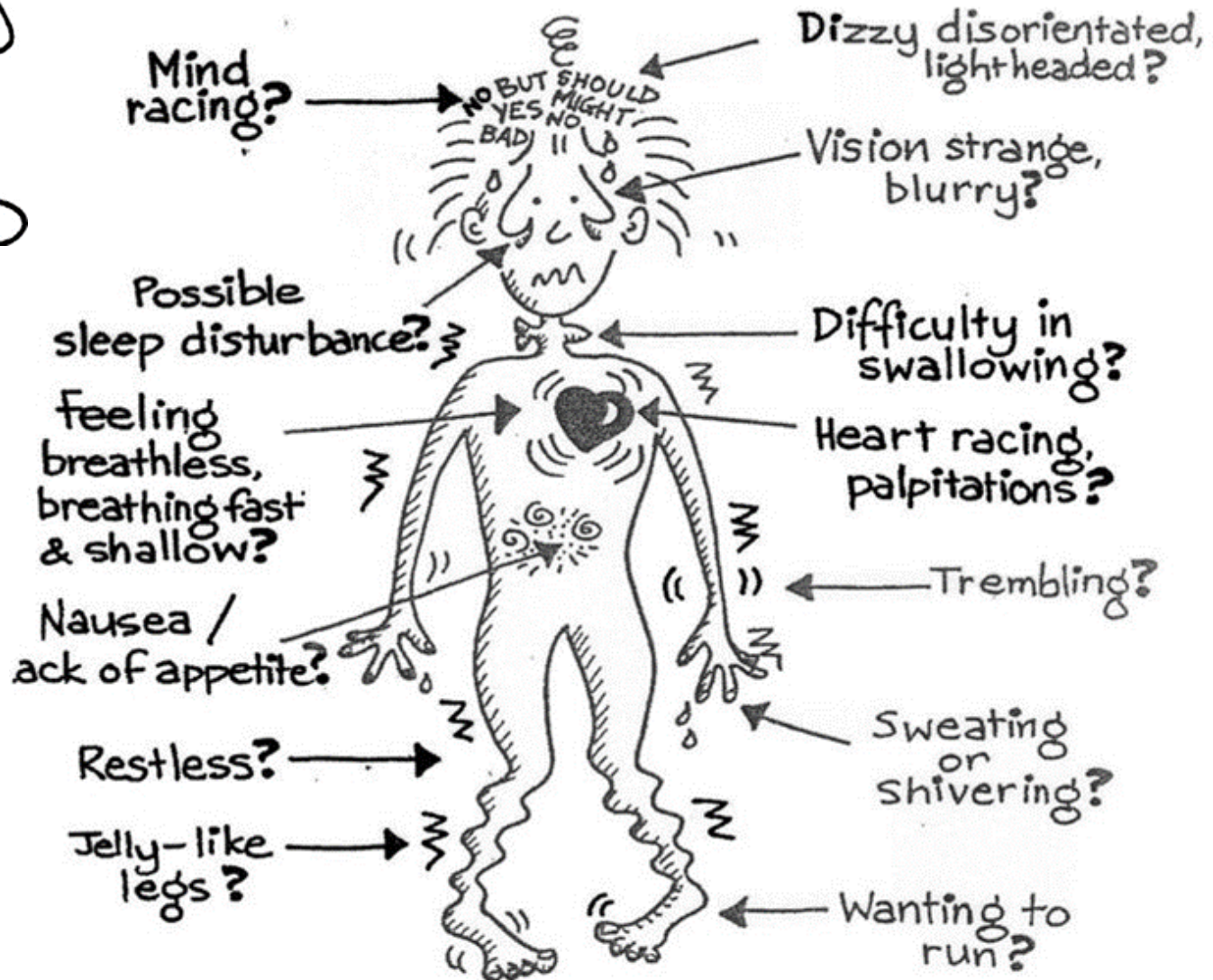
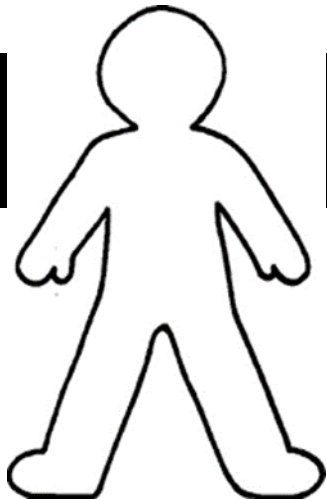
A



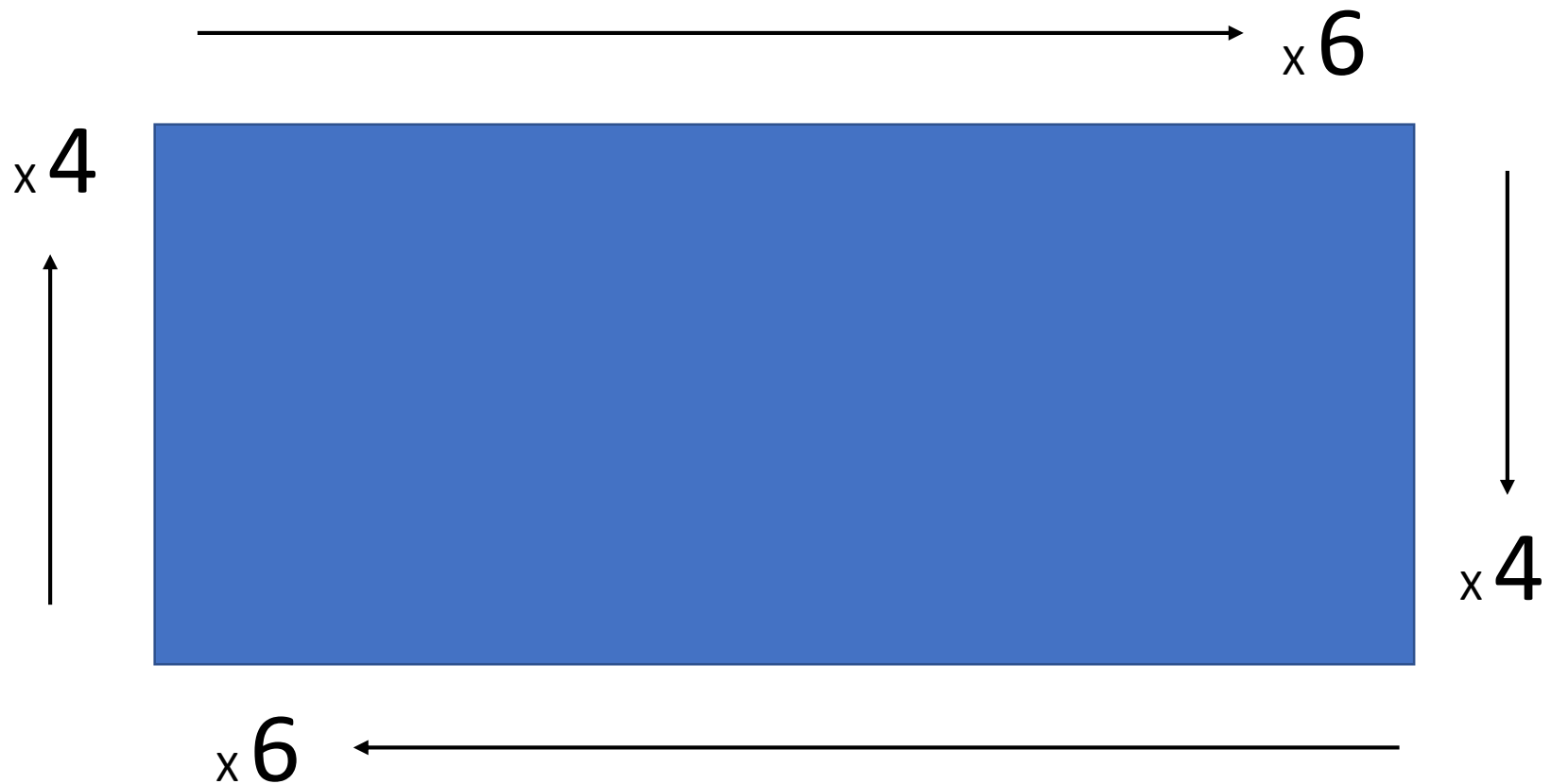




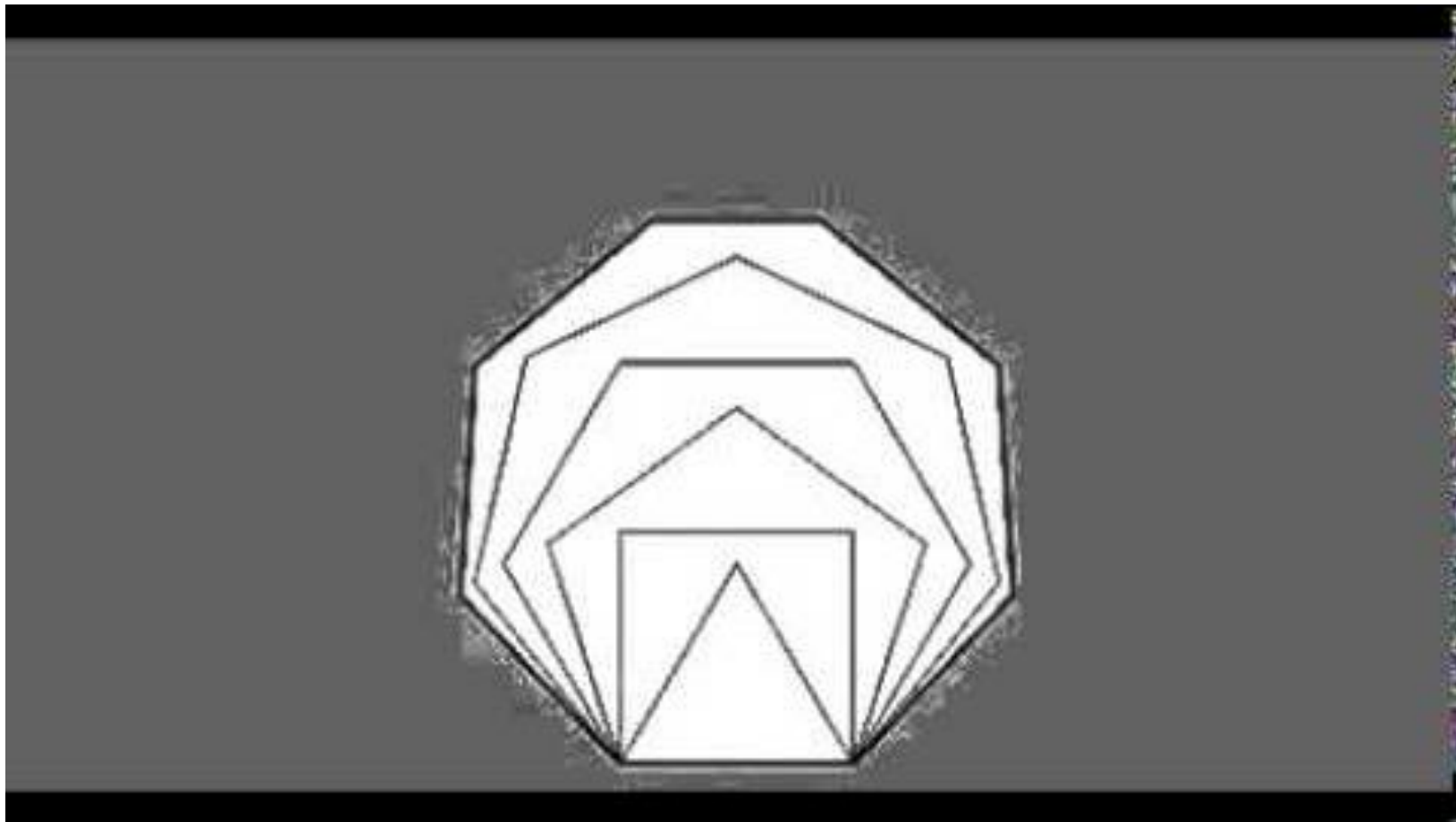
How stress affects the body



Change your body's response



<https://youtu.be/u9Q8D6n-3qw>



Mindfulness



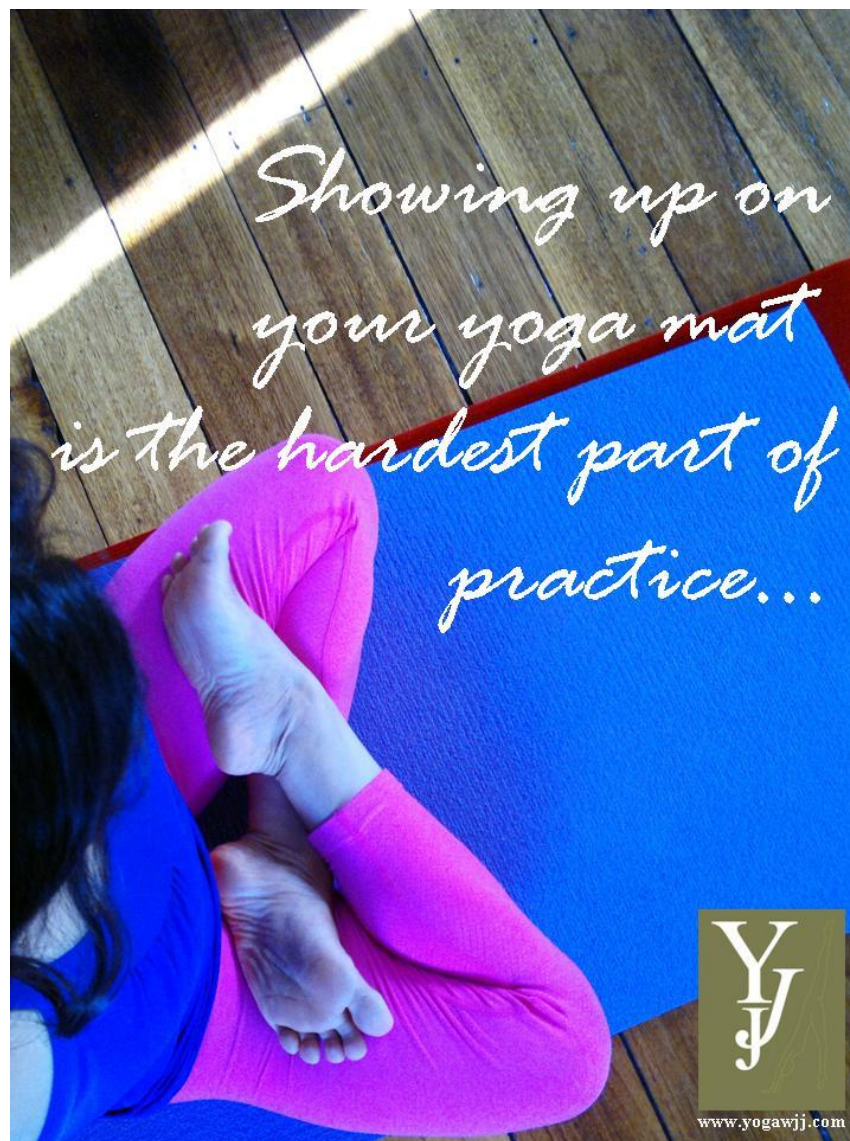


CHANGING BEHAVIOURS

Calm
Revise
Pass exams

Just start!

- Do what is needed
- 10-minute rule
- 5-4-3-2-1
- Control the Controllable
“Not my monkeys”



Visualisation trigger



The importance of sleep



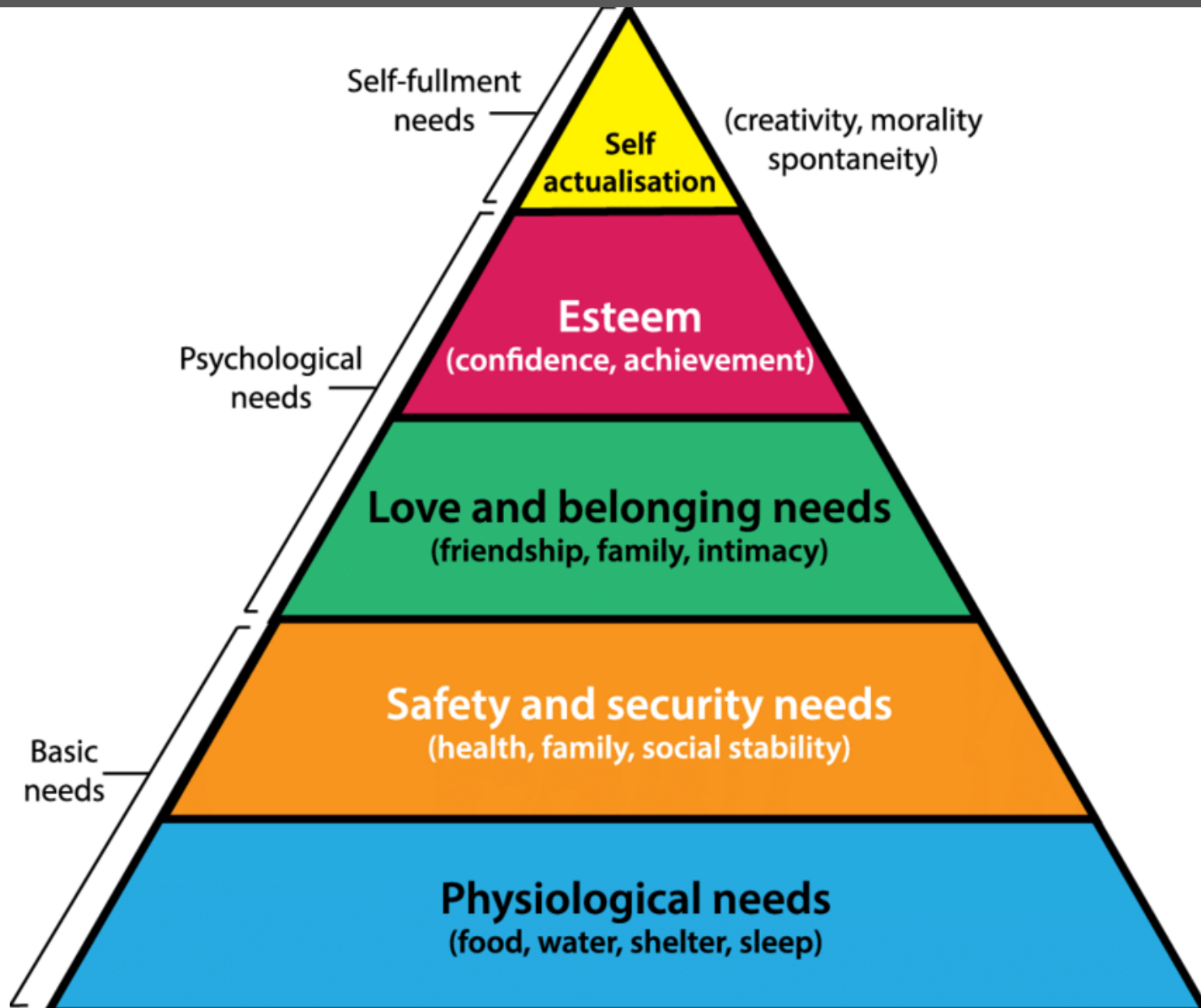
<https://www.youtube.com/watch?v=XbK7zFuSmLw>

The Importance of Sleep

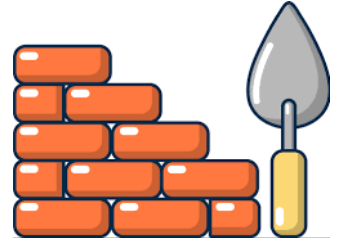
A lack of sleep affects our:

- decision-making skills
- memory
- thinking
- ability to recall information
- concentration
- alertness
- ability to respond helpfully
- reaction times
- tolerance of others





Foundations for good mental health (less stress)



Sleep well

Eat and hydrate well



Exercise well



Have fun

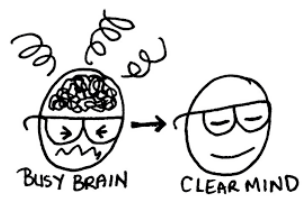
Take time out



Get organised



Pay attention only to what you need



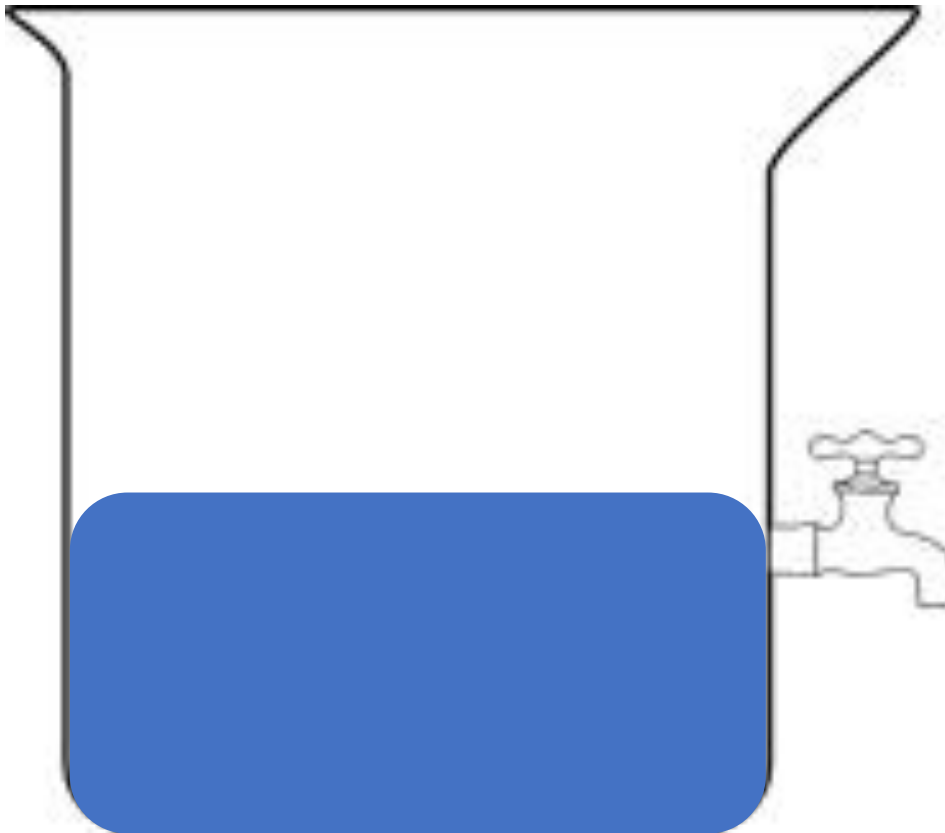
Be grateful



Get outside



My stress beaker – how can I release the stress?





Plan your Revision





It is recommended that you:

Plan for 4 hours of revision per day for about 10 days per fortnight = approx. 40 hours per fortnight.

Divide this time up between your subjects

Allow more time to the subjects you need to work harder at

Consider what percentage of each subject is assessed on the exam (e.g., maths is 100% whereas other subjects are only 40%)

Make sure you're devoting enough time to your core subjects.

1. Start with a blank timetable

[illegible]

2. Fill in known activities

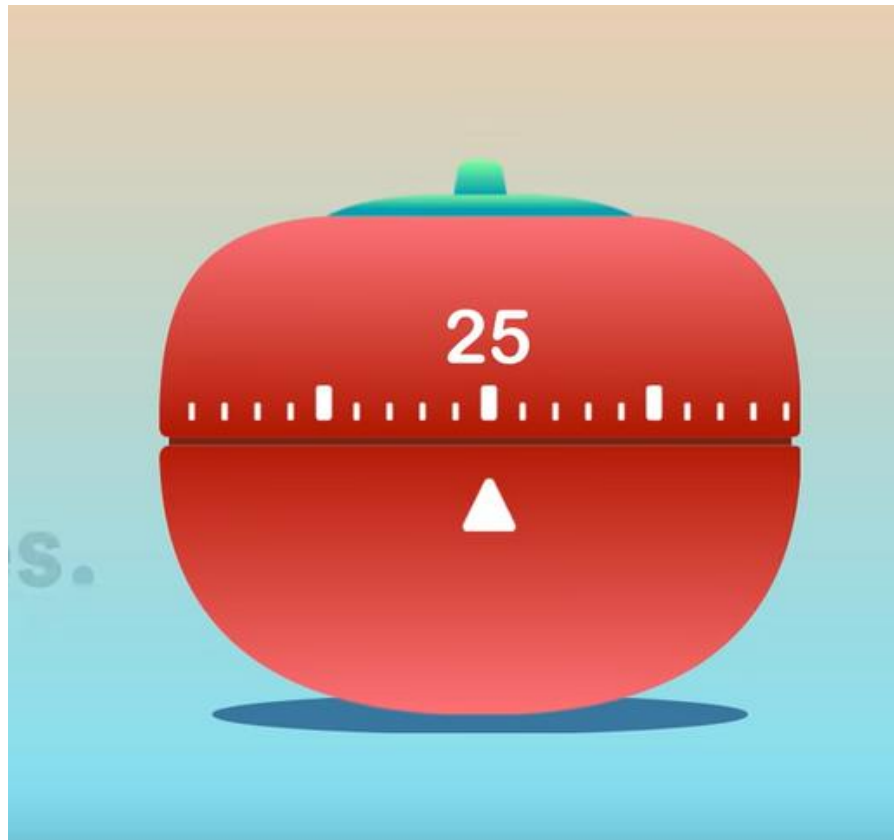
	Mon 2nd	Tue 3rd	Wed 4th	Thu 5th	Fri 6th	Sat 7th	Sun 8th	Mon 9th	Tue 10th	Wed 11th	Thu 12th	Fri 13th	Sat 14th	Sun 15th
9.00						Holiday							Day Off	
9.30														
10.00	Homes Under the Hammer						Homes Under the Hammer							
10.30														
11.00														
11.30														
12.00														
12.30														
1.00	LUNCH						LUNCH							
1.30														
2.00														
2.30														
3.00	X-BOX/Chill						Phone time/Chill							
3.30														
4.00														
4.30														

3. Add in revision sessions

	Mon 2nd	Tue 3rd	Wed 4th	Thu 5th	Fri 6th	Sat 7th	Sun 8th	Mon 9th	Tue 10th	Wed 11th	Thu 12th	Fri 13th	Sat 14th	Sun 15th
9.00	ENG	PE				Holiday to Weston Supermare		MATHS					Day Off	
9.30	ENG		PE					MATHS						
10.00	Homes Under the Hammer							Homes Under the Hammer						
10.30														
11.00				ENG							PE			
11.30				ENG							PE			
12.00		PE	MATHS						ENG					
12.30	MATHS			PE					ENG					
1.00	LUNCH							LUNCH						
1.30														
2.00											ENG			
2.30	MATHS							PE						ENG
3.00	X BOX							SNAPCHAT						
3.30														
4.00		MATHS								MATHS				
4.30		MATHS							PE					

4. Try the Pomodoro Technique

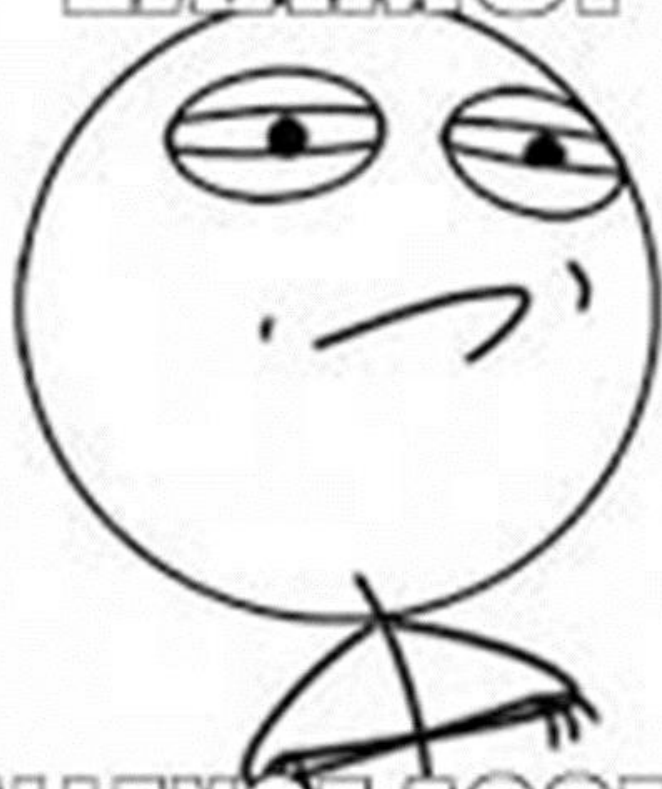
<https://www.youtube.com/watch?v=ykMzzZolhdk>



5. Stick to the plan!



EXAMS?



CHALLENGE ACCEPTED