

Are you Exam Ready?



This year sees schools and educational settings have their first set of examinations since the pandemic begun in 2020.

Students facing these strict exam conditions have not been in “full time” education for the last 2 years and their curriculum/education has been interrupted. Additionally, some have never been in examination environments and have not even been able to sit ‘mock examinations’. Here is a guide to help you get ‘Exam Ready’.

Plan your revision

For many students, *starting* revision is the biggest hurdle to overcome!



1. Create a plan: break down everything you need to revise into small topics and just revise one topic at a time. By creating a plan you are taking control
2. Set targets: identify when you are going to revise each topic. Give yourself a time limit for when to complete each topic
3. Check progress: check your progress and set yourself a new time limit if necessary. Once you’ve met a target, set yourself a new one

The key things to remember are that:

- Targets should be achievable and manageable
- Targets must be short-term and include a time-limit
- Review your targets, and when complete, set new ones
- It is important to test yourself to see if your revision is effective



Remember revision is just that – it is about seeing something again and refreshing your knowledge. It is not about new work.

Find a Positive Mindset!

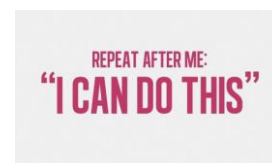
Find a positive, realistic belief that can replace the negative belief. For instance, if your negative belief is ‘I am rubbish at maths’ a positive, realistic alternative could be:

‘Even if I will never be the best at maths, I will do better if I have a revision plan and stick to it’



The key things to remember are that:

- If you suffer from anxiety, replacing negative beliefs can help
- Some people find it helpful to keep a record of their beliefs
- You can become a more confident person with a ‘can do’ attitude



Anxiety is not necessarily a bad thing

People react to anxiety in different ways. Anxiety can be a great motivator for some students, giving them the ‘get up and go’ that they need to succeed. Other students are indifferent to anxiety/stress; they can float along without getting affected by stress in a good or bad way. Anxiety can be a bad thing for some students, when exam pressures become overwhelming.

The key things to remember are that:

- It is nothing to be scared of
- Anxiety is not inevitable
- You can learn how to cope more effectively



Control your Anxiety

Learning how to deal with your anxiety is the best form of coping mechanism you can arm yourself with. Planning your revision effectively can severely improve your anxiety on the day of your exam.

Before your exam...

- ✓ Your brain needs energy and it also needs rest. Eat little and often and get enough sleep – 8 hours is recommended
- ✗ Studying 24 hours a day, 7 days a week, will make you exhausted – burnt out even – long before the actual exam
- ✓ Plan to have one day a week completely free from revision
- ✗ Don't sit reading for long periods of time. It quickly becomes boring and your concentration can easily start to wane
- ✓ Relax your mind and body - Yoga, Tai Chi, Meditation or mindfulness classes can be helpful and worth considering.



During the exam...

- ✓ Breathe Deeply... Inhale deeply through your nose for 5 seconds. Hold your breath for 2 seconds. Exhale slowly through your mouth
- ✓ Read the questions slowly and carefully
- ✓ Take time to plan which questions you are going to answer and how
- ✓ Don't focus on others around you
- ✓ Plan your time

Resources

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

https://www.et-foundation.co.uk/resources/further-education-and-training-recovery/?utm_content=bufferc4fc5&utm_medium=social&utm_source=etf_linkedin&utm_campaign=buffer

National Stress Awareness Month – 30 Day Challenge...

April marks the start of National Stress Awareness Month – looking after your mental health is important. The Stress Management Society have a 30-day Challenge for April to encourage you to pick one action each for your Physical, Mental and Emotional Wellbeing to carry out every day.

It takes 30 days to turn actions into habits, which is why this is a month-long programme. The 30-day challenge will maximise your chances of turning useful knowledge and techniques into positive behavioural change.

As a first step, please download (link below) or use photo below and fill in our 30-Day Challenge Calendar to make your commitments a reality.

Visit stress.org.uk for tips to keep you motivated

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
			1	2	3	4
			1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional
5	6	7	8	9	10	11
1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional
12	13	14	15	16	17	18
1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional
19	20	21	22	23	24	25
1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional
26	27	28	29	30		
1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional	1. Physical 2. Mental 3. Emotional		



The 30-day challenge will maximise your chances of turning useful knowledge and techniques into positive behavioural change.

Pick an action each for your Physical, Mental and Emotional Wellbeing to carry out every day. Could you even add some actions for social and spiritual wellbeing?

It takes 30 days to turn actions into habits, which is why this is a month-long programme.

Good luck!