



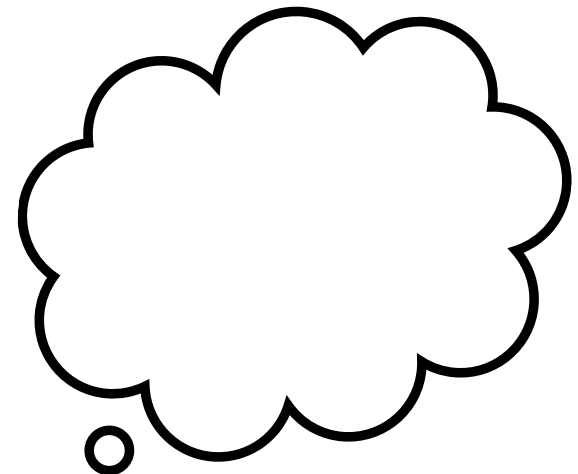
EXAM STRESS

EXAM STRESS

Worrying and stressing about revision and exams is very common and very normal.

Stress is the body's reaction to feeling threatened or under pressure. It's very common, in short bursts it can be motivating to help us achieve things in our daily life such as at school or home. Stress can become unhelpful to us if we experience it for longer periods of time and it begins to affect our health and wellbeing.

Have you noticed any ways in which exam stress has affected your health and wellbeing?



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EXAM STRESS

SITUATION: Thinking about my exams

PHYSICAL SENSATIONS:
Tense muscles, feeling sick, tight chest, increased heart rate, headache, feeling dizzy

BEHAVIOURS:
Avoidance, procrastination, fidgeting, nail biting, snapping at friends

THOUGHTS:
Pre-occupied with worry, racing or running away into the future

FEELINGS:
Irritable, low, worried, overwhelmed



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EXAM STRESS

REVISION TOP TIPS

Start early.
The earlier you start
the more prepared
you'll feel.

**Set achievable
goals.**
And reward yourself
for completing them.

**Find a revision
method that
works for you -
one that suits your
learning style (VARK).**

**Use your natural
body clock.**
Is your mind more
active in the morning
or evening?

**Look after your
body and brain.**
Get enough sleep, eat
well, move your body
and have rest
periods.

**Make a revision
timetable.**
Space out your work
and plan in breaks.

**Create a calm &
productive study
space.**
Have everything you
need handy and as
few distractions as
possible.

Stay positive.
use affirmations to
maintain a growth
mindset.



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VARK REVISION TECHNIQUES



These are some ideas for revision depending on what style of learner you are. Don't feel like you **MUST** use the techniques under your learning style. It is always good to try different ones so that your revision doesn't become too repetitive.

Visual – learns best through watching and seeing

- Watching videos online
- Creating mind maps or posters (try to use picture and colour)
- Creating diagrams
- Creating flashcards
- Getting a teacher, adult or friend to show you.

Auditory – learns best through listening and sounds

- Reading notes out loud to yourself or getting someone else to read them too you.
- Create rhymes and songs to remember key facts
- Record your notes and listen back to them
- Listen to videos online and follow it as they go
- Revise with friends so you can discuss facts and topics

Read/Write – learns best through reading and writing information

- Reading notes, textbooks and handouts.
- Re-write texts and diagrams from exercise books or textbooks.
- Create flashcards with key facts on to read over and over again

Kinaesthetic – learns best by doing and being practical

- Completing past papers or exam questions
- Watching step by step videos and following the steps yourself
- Including movement e.g. sport or dance to remember facts
- Fidget with a small object whilst revising



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REVISION TIMETABLE



Use the table below to plan your coming week.
Remember to include the top tips in your planning.

	MON	TUE	WED	THU	FRI	SAT	SUN
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
TODAY'S GOAL							



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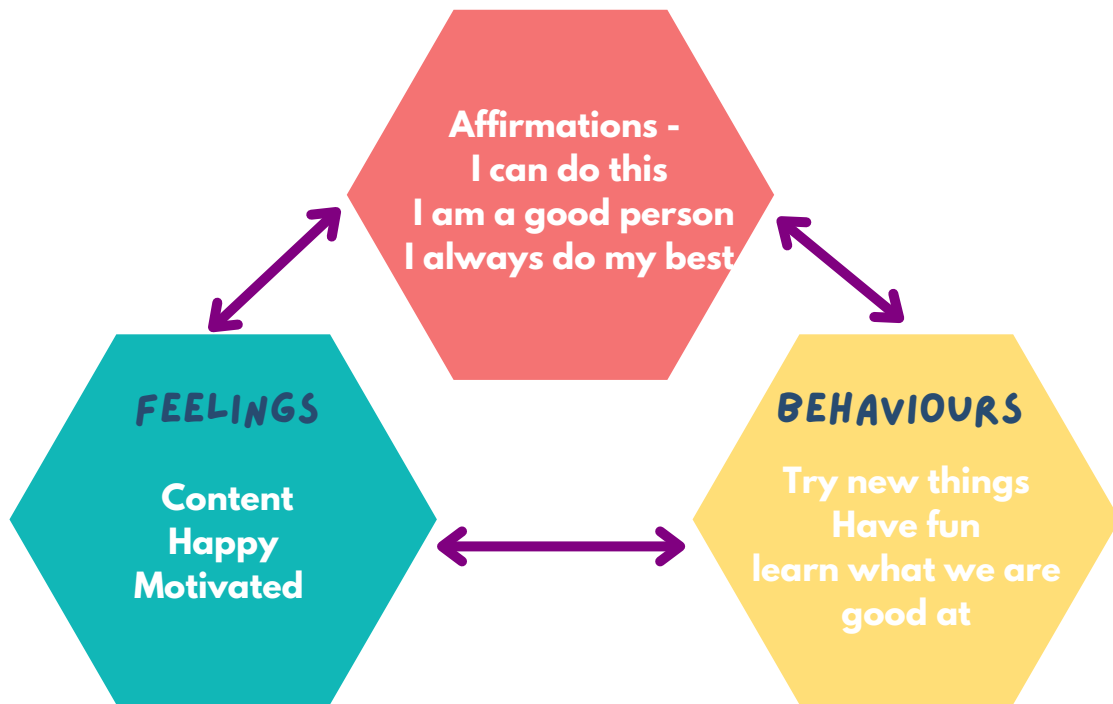


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POSITIVE AFFIRMATIONS

When we are practicing to build our self-esteem, it is important that we start with how we think. If we think more positively, then we are more likely to have more positive feelings and do more positive things, helping to feel better about ourselves overall.



Affirmations are positive statements about ourselves. Repeating them to ourselves can help us to feel better and build our self-esteem. It is helpful to practice your affirmations every day - at the same time if you can - and keep focussed on what you are saying and how the statements are making you feel.

Over time, these positive thoughts will become a habit and we will start to do it automatically. Look at our examples for ideas, or you might want to write your own - it is important that it means something to you, has some significance and is something that you can believe.

I matter I believe in me I am kind I can do this



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EXAM STRESS

POSITIVE AFFIRMATIONS

Choose six positive affirmations that mean something to you. Write each one on a bubble.



I matter I believe in me I am kind I can do this



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