

Exam Revision and Stress

Beechen Cliff Exams

- Year 7 – 14th-18th May
- Year 8 – 18th - 24th May
- Year 9 – 4th-8th June
- Year 10 – 11th-15th June
- GCSEs – May-June
- Year 12 exams – 3rd-11th May
- A Levels – May-June

How to Revise...

Think of a '*session*' as a **third** of a day - it could be **3** to **4** hours long

Many people find it helpful to revise for **2** out of the **3** sessions per day

Here is a possible pattern:

	Day 1	Day 2	Day 3
MORNING	Revise	Revise	Free
AFTERNOON	Revise	Free	Revise
EVENING	Free	Revise	Revise

How to Revise...

	Day 1	Day 2	Day 3
MORNING	Revise	Revise	Free
AFTERNOON	Revise	Free	Revise
EVENING	Free	Revise	Revise

Break each session up into half hour slots...

25 minutes work followed by a 5 minute break

How to Revise...

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
Morning	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	HIST - WW2	FRENCH - writing
Afternoon	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	RELAX	RECAP - WW2
Evening	MATHS - algebra	ENG - poems	BIOL - nerves	RECAP - algebra - poems	CHEM - salt	RECAP - nerves - salt	RELAX

Spend time making a thorough revision timetable and **STICK TO IT**

How to Revise...

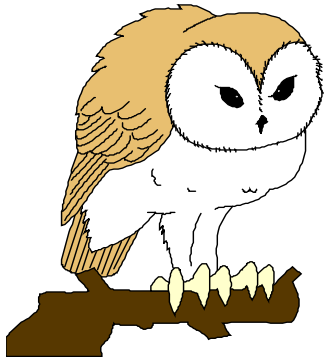
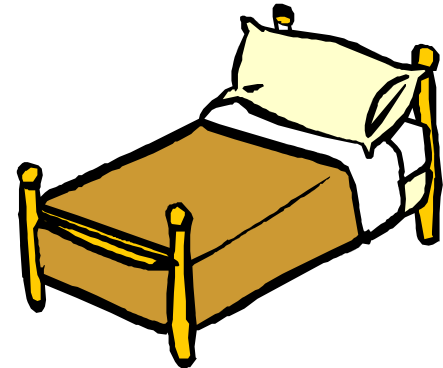
What kind of person are you?



Some students are early birds.

They will definitely want to use the morning session

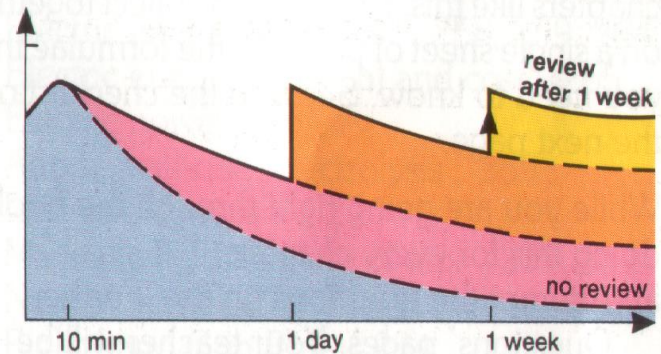
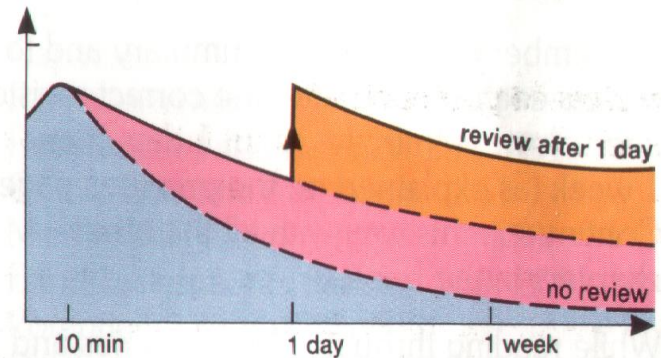
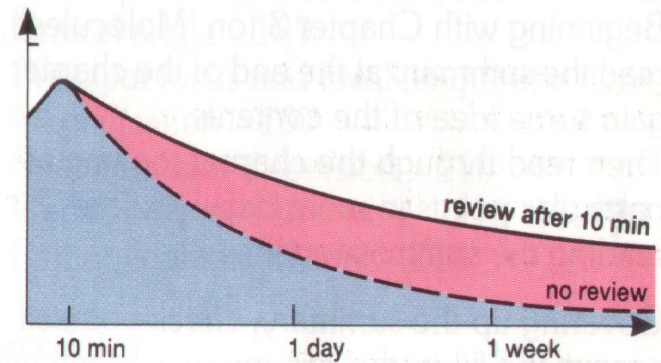
Late risers will avoid mornings like the plague! They will work well later in the day



Night owls will do their best revision in the evenings

How should you revise?

- Revise the same work again *after 10 minutes*
- Briefly review the work: *after 1 day*
after 1 week.
- This method will fix the work quite firmly into your long-term memory



There are many ways to revise

Choose the right way for you!

You have a particular learning style and you should revise using the techniques that will be best for your learning style

It is best if you try to use a combination of ideas though from all learning styles to give you a balance

Visual Learners:

Maps

Posters

Charts

Spider diagrams

Cartoons

Summary notes

Mental pictures

Mind maps

Auditory Learners:

Record ideas on tape

Say keywords aloud

Tell another person

Make a presentation

Get someone to test you

Exchange ideas with your friends

Play quiet, relaxing background music

Kinesthetic Learners:

Walk 'n' talk

Draw cartoons

Posters & storyboards

Make a model

Role play/drama

Make a mind map

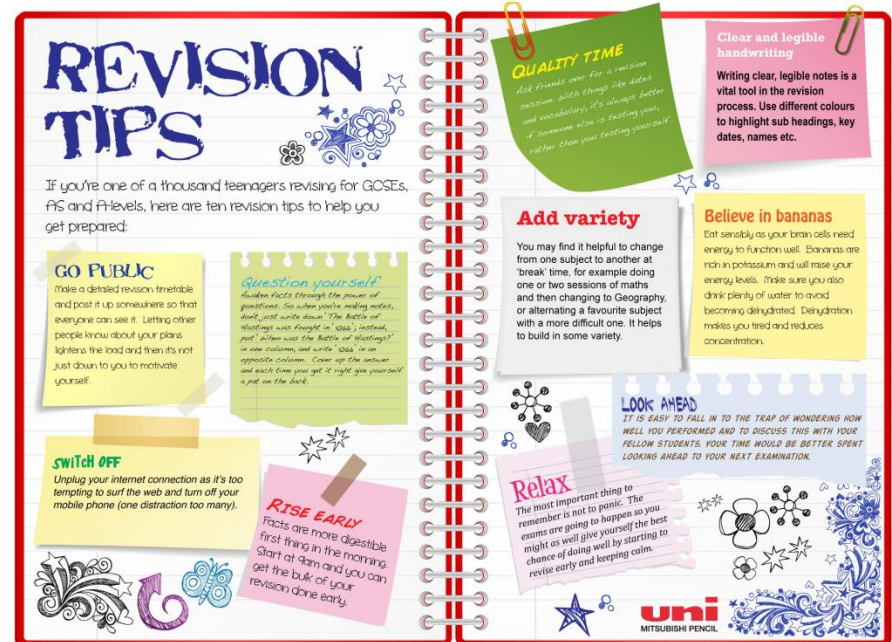
Write a story

Annotate diagrams

Make cue/flash cards

CGP's top tips for productive revision

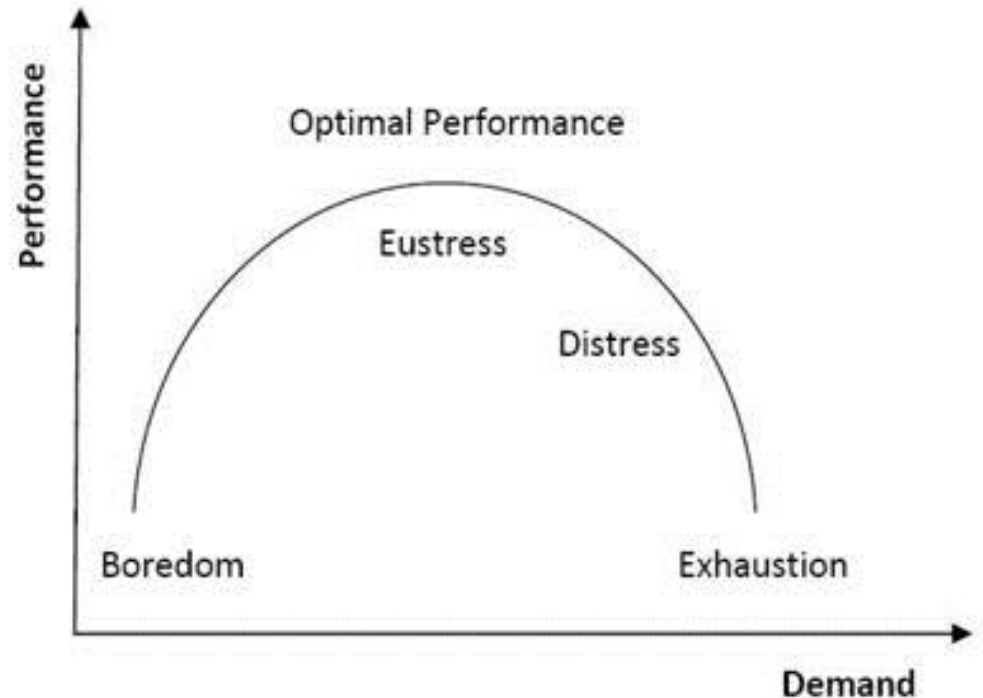
As a tutor group, come up with your own tips for productive revision and staying physically and mentally healthy during exam time.



What is 'stress'?

Stress is anything that places a demand on us physically, mentally, or emotionally. It makes us change the normal way we live.

Most of us think of stress as a crisis, but not all stress is bad.



What is your balance of stress like?

Positive stress (eustress)

→ good performance

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Negative stress (distress)


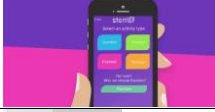



→ poor performance/burnout

When you are stressed with revision and exams, your mental health can suffer

- A bit of stress is normal, but some people suffer from anxiety, depression or panic attacks when it comes to exam time.
- Have a look at these tips for staying mentally healthy during exam time, and see if you can add any of your own:

<http://www.studentminds.org.uk/examstress.html>

Support and advice to get you through exams

FREE APP		<p>Stessheads Look up exam tips Breathing exercises Revision tips Chat room</p>
FREE APP		<p>Exam Stress Support to calm down when panicky Relaxation tracks Study techniques Help with different types of exams/ practical stuff</p>
FREE APP		<p>Stem4 Practical help if you self harm when really stressed. Things to help you stay safe and stay calm</p>
WEBSITE		<p>The Mix Advice and information on almost everything to do with being young</p>
WEBSITE		<p>BBC RADIO ONE Search for 'The Fear' – helpful advice on coping with exam stress</p>
WEBSITE		<p>Young Minds Lots of information and help for young people with mental health problems and worries. Also has a help line for parents</p>
SOMEONE TO TALK TO & WEBSITE		<p>Samartians You can ring, text, email or visit the Samritans any time fo the day, any day of the year. They understand the stress of exams and will help you talk through your worries in confidence and for free</p>
SOMEONE TO TALK TO & WEBSITE		<p>Childline Mis-named really as it not just for children. They have some great stuff for young people up to age 18 including coping with exams. Check them out on line</p>
SOMEONE TO TALK TO & WEBSITE		<p>KOOTH An online service providing information, one off help or counselling. Just register online and access help</p>

- <https://www.theguardian.com/teacher-network/2016/apr/19/students-revise-exams-revision-science>