



# South West Herts Partnership

## Tips & Advice:

# Exam Stress

### INTRODUCTION

Exam time places a lot of pressure on students, resulting in them feeling stressed and overwhelmed. Many will have plans to enter 6<sup>th</sup> Form or College and know this will depend on the grades they achieve. Exam anxiety affects students in different ways. For some, the mere thought of revising can be too much, and they may procrastinate and not do any revision, increasing anxiety as the exam dates approaches. Others will devote all their time to revising and be emotionally exhausted as exams start.

### TOP TIPS/TOOLS

#### Effective ways of revising...

- **Start revising early** (*not days before exam*)
- **Timetable** (*plan your revision and stick to it*)
- **Do not spend too much time on making your notes look pretty.**
- **Take short breaks** (*after 1/2 hours of revision*)
- **Stick revision notes all around the house**
- **Find the right environment to revise** (*not in front of the TV, not listening to the radio. Music can sometimes be OK, but you need to find the right kind*).
- **Ask someone to test you on topics**
- **Try to read difficult bits with a funny accent or sing it**
- **Practice exam papers**
- **Sit properly at a desk/table not lying/sitting on your bed**
- **Audio and Visual aids** – colour coding, writing things down, recording and playing back

### SIGNPOSTING

- <https://thesandbox.mindler.co.uk/>
- <https://www.hertsmindnetwork.org/>
- Head Space App
- Breath With Me App
- Stop, Breath, Think App
- Just Talk App
- Chat Health (text service) 07480635050
- <https://chathealth.nhs.uk/>

### IMPORTANT FACTS

#### Planning will reduce stress...

- Where does your time go?
- **168** hours in the week – use them wisely
- Allocate time for essential tasks
- Schedule in time for studying – including breaks
- Schedule time for YOU e.g. relaxation, social, exercise

#### Do's and Don'ts when feeling worried about exams

##### Do's

- Believe in yourself
- Plan
- Get enough sleep
- Eat regular meals
- School work, social life balance
- Exercise
- Try new ways to revise/study



##### DON'T

- Be hard on yourself
- Worry too much
- Compare yourself to others
- Focus on the negatives
- Hurt yourself
- Smoke, drink or take drugs



<https://www.southwesthertspartnership.org.uk/>

