



# REVISION TOOLS & TIPS AND EXAM STRESS GUIDE

Determination

Honesty

Readiness

Respect

Spark

## What is stress?

Stress is how we react when we feel under pressure or threatened. It usually happens when we are in a situation that we don't feel we can manage or control.

We can experience Stress as an individual, as a group or a community.

## When is stress a problem?

Sometimes, a small amount of stress can help us to complete tasks and feel more energised. But stress can become a problem when it lasts for a long time or is very intense. In some cases, stress can affect our physical and mental health.

You might hear healthcare professionals refer to some types of stress as 'acute' or 'chronic':

- Acute stress happens within a few minutes to a few hours of an event. It lasts for a short period of time, usually less than a few weeks, and is very intense. It can happen after an upsetting or unexpected event. For example, this could be a sudden bereavement, assault or natural disaster.
- Chronic stress lasts for a long period of time or keeps coming back. You might experience this if you are under lots of pressure a lot of the time. You might also feel chronic stress if your day-to-day life is difficult, for example if you are a young carer or are struggling with school life.

## Managing stress and building resilience

Being prepared for periods of stress can make it easier to get through them. Knowing how to manage our wellbeing can help us recover after a stressful event. Some of us may refer to our ability to manage stress as our resilience.

There are things we can try, to build our resilience against stress. But there are also factors that might make it harder to be resilient, such as experiencing discrimination or lacking support.

## Ways to help build on your resilience –

### 10 tips to build resilience

What are some tips that can help you learn to be resilient? As you use these tips, keep in mind that each person's journey along the road to resilience will be different—what works for you may not work for your friends.

1. **Get together.** Talk with your friends and, yes, even with your parents. Understand that your parents may have more life experience than you do, even if it seems they never were your age. They may be afraid for you if you're going through really tough times and it may be harder for them to talk about it than it is for you! Don't be afraid to express your opinion, even if your parent or friend takes the opposite view. Ask questions and listen to the answers. Get connected to your community, whether it's as part of a religious group, sports, club, or high school group.
2. **Cut yourself some slack.** When something bad happens in your life, the stresses of whatever you're going through may heighten daily stresses. Your emotions might already be all over the map because of hormones and physical changes; the uncertainty during a tragedy or trauma can make these shifts seem more extreme. Be prepared for this and go a little easy on yourself, and on your friends.
3. **Create a hassle-free zone.** Make your room or apartment a "hassle-free zone"—not that you keep everyone out, but home should be a haven, free from stress and anxieties. Understand that your parents and siblings may have their own stresses if something serious has just happened in your life and may want to spend a little more time than usual with you.
4. **Stick to the program.** Spending time in high school or on a college campus means more choices, so let home be your constant. During a time of major stress, map out a routine and stick to it. You may be doing all kinds of new things, but don't forget the routines that give you comfort, whether it's the things you do before class, going out to lunch, or have a nightly phone call with a friend.
5. **Take care of yourself.** Be sure to take care of yourself—physically, mentally and spiritually. And get sleep. If you don't, you may be more irritable and nervous at a time when you have to stay sharp. There's a lot going on, and it's going to be tough to face if you're falling asleep on your feet.
6. **Take control.** Even in the midst of tragedy or great uncertainty, you can move toward goals one small step at a time. During a really hard time, just getting out of bed and going to school may be all you can handle, but even

accomplishing that can help. Think about what you can control and what is out of your control that you can do something about. Bad times make us feel out of control—grab some of that control back by taking decisive action.

7. **Express yourself.** Tragedy and significant challenges can bring up a bunch of conflicting emotions, but sometimes, it's just too hard to talk to someone about what you're feeling. If talking isn't working, do something else to capture your emotions like start a journal, or create art.
8. **Help somebody.** Nothing gets your mind off your own problems like solving someone else's. Try volunteering in your community or at your school, cleaning up around the house or apartment, or helping a friend with his or her homework, in-person or online.
9. **Put things in perspective.** The very thing that has you stressed out may be all anyone is talking about now. But eventually, things change and bad times end. If you're worried about whether you've got what it takes to get through this, think back on a time when you faced up to your fears, whether it was asking someone on a date or applying for a job. Learn some relaxation techniques, whether it's visualizing a peaceful place, thinking of a particular song in times of stress, or just taking a deep breath to calm down. Think about the important things that have stayed the same, even while the outside world is changing. When you talk about bad times, make sure you talk about good and so-so times as well.
10. **Turn it off.** You want to stay informed—you may even have homework that requires you to watch the news. But sometimes, the news, with its focus on the sensational, can add to the feeling that nothing is going right. Try to limit the amount of news you take in, whether it's from television, newspapers or magazines, or the Internet. Watching a news report once informs you; watching it over and over again just adds to the stress and contributes no new knowledge.

You can learn resilience. But just because you learn resilience doesn't mean you won't feel stressed or anxious. You might have times when you aren't happy—and that's OK. Resilience is a journey, and each person will take his or her own time along the way. You may benefit from some of the resilience tips above, while some of your friends may benefit from others.

The skills of resilience you learn during really bad times will be useful even after the bad times end, and they are good skills to have every day. Resilience can help you be one of the people who've "got bounce."

List 5 things you think you need to change that will help build up your resilience

1.

2.

3.

4.

5.

### Exam Stress –

One of the most common causes of stress with students during KS3 and KS4 is exam stress. Exam stress can consist of one or multiple of the following –

- you are worried about how well you will do in the exam.
- you find it hard to understand what you're studying.
- you feel unprepared or haven't had time to study.
- you need to learn and recall a large amount of information for an exam.

If you are experiencing any or all of the above please feel assured that there are things you can do to help yourself through this difficult time.

### The basics –

5 ways to wellbeing is a fantastic mantra to follow to give you the foundation for you to have a positive mindset. Overall this will enable you to focus on what is important during what can be perceived as a very stressful time in your life.

What are the 5 ways to wellbeing –

- Connect
- Be active
- Take notice
- Keep learning
- Give

## Connect

Connecting with the people around us is a great way to remind ourselves that we're important and valued by others.

Here are some suggestions for staying connected:

- Arrange to meet people regularly. Monthly dinner dates with friends or join a local interest group.
- Reach out to somebody you've lost contact with. Send them a letter or give them a call to let them know you are thinking about them.
- Take some time to get to know your neighbours. Invite them around for a cup of tea.



### How are you going to connect?

Write some suggestions how you are going to stay connected?

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### Be Active

We know that there's a link between staying active and positive mental health and wellbeing.

By making sure we are regularly moving our bodies, we can look after our mental and physical health at the same time.

When we exercise it releases chemicals in the brain, such as serotonin, stress hormones and endorphins. Regular exercise can help you sleep

better. Good sleep helps you manage your mood. Exercise can improve your sense of control, coping ability and self-esteem.

Here are some ways to be active:

1. Go for a walk during your lunch break or walk to work
2. Try activities that bring your focus to the mind-body connection such as yoga or tai chi

What exercise or activities do you already do?

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If you do not do any activities write down what activities you could do that will not take too much time away from revision or your usual commitments, also add why you think these will help your mindset –

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### Take Notice

Taking notice of our thoughts, emotions and surroundings is a great way to stay present and pay attention to our needs.

Taking notice of things we're grateful for, big or small, is a great way to boost our mood and appreciate our surroundings.


Here's some suggestions around taking notice:

- Take up a mindful hobby like knitting or journaling
- Write down three things in your life you feel grateful for –
  - 
  - 
  -
- Allocate time in the evening to reflect on what went well that day



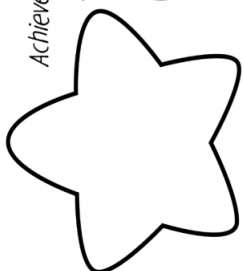
- Below are some sheets that you can do to help promote a positive mindset for each week and wrote down positives from each day.

# Wellbeing Diary

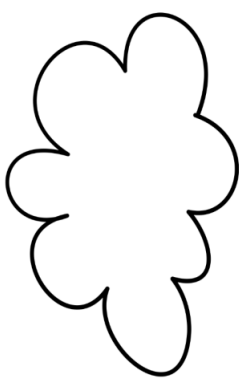


Date .....


Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						



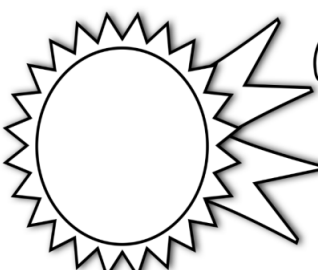
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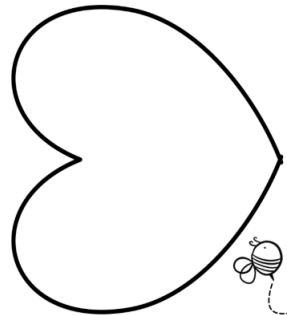
Relaxing moment



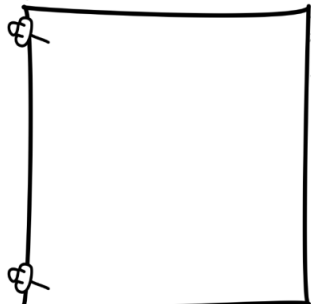
Helping hand




Proudest moment



Happiest moment



Funniest moment

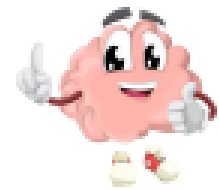


**elsa** support



# MINDFULNESS

- What's in your mind?



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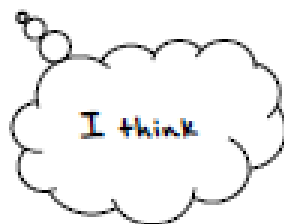
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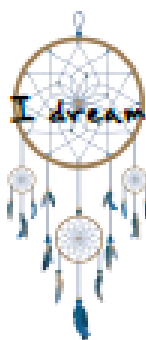
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## Keep learning

Learning new things is a good way to meet new people and boost our self confidence, which in turn improves our mental health and wellbeing.

Here are some ideas to keep learning:

- Try out a new recipe once in a while
- Join a class to learn a new language or musical instrument
- Learn something new about the people around you
- Try a new sporting activity



## Give

Research has found a link between doing good things and an increase in wellbeing.

Here are some suggestions to give more

- Try and do one kind thing every day
- Recycle your waste and give back to the environment
- Become a Health in Mind Hero by giving your time through volunteering or fundraising.

## Getting organised at home

### Where do you revise?

The place you choose as your safe space to revise is key. Ask yourself a few questions about your revision area...

Where do I revise?.....

Is it a clean and tidy environment?.....

Is it quiet?.....

Are there any distractions? (phones, television, social media, games?) .....

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.....

Write a to do list of things you want to change in your revision space/bedroom to make it a calmer environment

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- 

Tidy Room tidy mind!

How are you revising

Exams are an inevitable part of studying at Marple Hall. Let's be honest – they aren't anyone's favourite thing to do, but they can be made less scary by revising effectively and having good exam techniques. Use the advice here to prepare well for your exams.

Before you start to revise it is key that you ensure that you have learnt and understood the subject/topic you plan to revise. There is nothing to be gained by revising something that you do not understand. If you do not understand the topic please seek advice and support from your teacher, access after school support sessions or seek to advise from a trusted adult so they can try and gain you the additional support you need.

If you have now cracked understanding the subject you are now ready to revise!

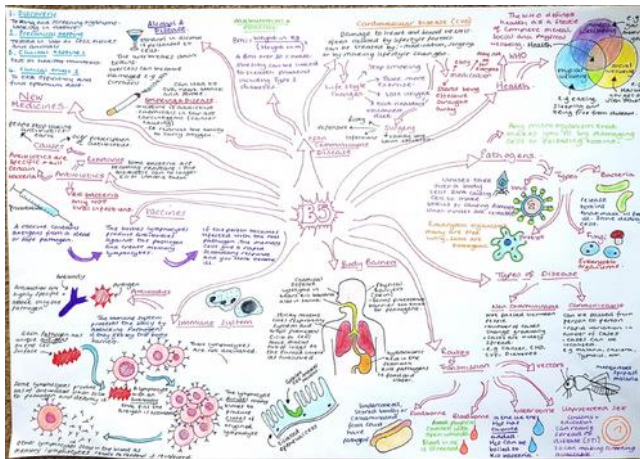
Here are some suggestions of different types of revision techniques –

- **Condensing your notes** – Your books are filled with lots of information that are all important when it comes to revision. Its now time to write your notes up in a way that you will understand them.

- **Create Flashcards** – Now you have your condensed notes and they are written in your own words try writing each fact on a flash card and colour coordinate them per subject/topic. Get a friend, parent/carer or a trusted person in your life to test you on them. If you get a question wrong put them in one pile and if you get it correct add it to another pile. The ones you get incorrect re read some of the information/note you have on them and re test yourself on them again later on that day or the day after and see if your knowledge retained has improved.



- **Mind Maps** – mind maps are a visual way of organising and testing your retention of information on a topic. One topic usually represents one mind map. The name of the topic goes in the centre of the mind map – additional sub topics can be added around it. Boxes or bubbles can then be added to each topic or sub topic. Use colours, fancy pens what ever you want. You can then check



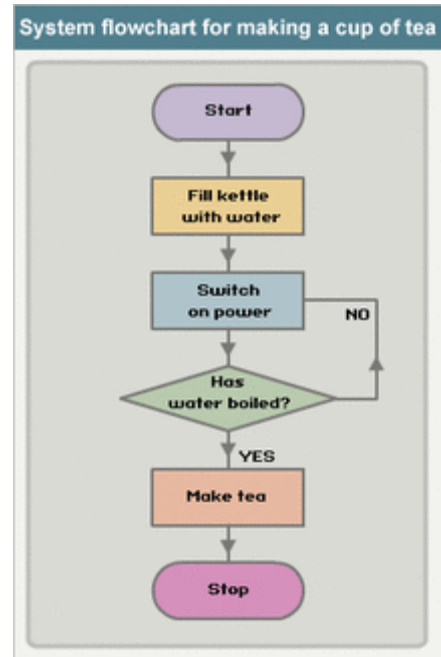
your notes and write any information you missed in a different coloured pen. Place the mind map up somewhere you see often (**next to your bathroom mirror, on your wall, door or inside the cupboard you use most**). When you have had it up a few days take it down and re do it and see if you have retained the information you missed last time. If you are a visual learning this technique is great!

- **Flowcharts** – Flowcharts are a type of diagram that show a process from beginning to end. They are a great way to organise information clearly with both words and images. It can be tempting to make flow charts perfect but as long as they're clear and easy to use/read, they do not need to be fancy or lots of time spent on them.

Things to remember about flow charts and some may be obvious but; make sure the information is in order, write the first steps to the process/event at the top of the page and work your way down. Flow

charts highlight main steps in a process, but if it helps, you can add key points about different steps to jog your memory – keep them short and concise though. There are many subjects that flow charts work well with, here are some examples –

- Business studies – To show the different stages within a supply chain
- History – a timeline of events that occurred during a historic event
- Chemistry – set out the steps of an experiment
- Geography – show different stages of erosion



- **Memory Techniques** – A mnemonic is a way of remembering facts or information in a certain order. The First letters of the words you need to know become the first letters of a sentence, song or rhyme. A mnemonic can be anything, as long as it makes sense to you (eg – **M**y **V**ery **E**asy **M**ethod **J**ust **S**peeds **U**p **N**aming **P**lanets – this mnemonic helps me to remember the name of each planet and the order they are in the solar system)
- **Online revision resources** – Lots of subjects have revision tools that you can freely access online. These tend to have sections on each topic so you can chunk the work you revise. Here are some examples -
  - Mathswatch
  - Language nut
  - Educake
  - The hub online
  - Sharepoint

Now you have some suggestions of how to revise pick which best works for you and get started!

## Planning your revision in to your daily routine

It may seem a lot to organise but spending the time preparing a timetable will save you time in the long run.

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### Revision Timetable

See p.49 for an example of a completed timetable.

Month:				Weeks to go:	
Time:					
Date:					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Your Revision Timetable

## Make A Revision Timetable

### 3) Start Filling in your Revision Timetable

- Write down all your **exams** in the correct days on your **timetable**.
- Start from the **end** — write down your **last exam** on the **last page** of the timetable, then **work backwards**, filling in the dates and other exams until you get to your **first exam**.

#### EXAMPLE:

Say your last exam is French Speaking, on the morning of Wednesday 28th June. You'd follow the instructions shown below, in the correct order.

The example timetable shows a grid for the month of June. The first column is labeled 'Month: June' and 'Date:'. The second column is labeled 'Time:'. The grid is filled with dates from Monday 26th to Wednesday 28th. The following table represents the content of the example timetable:

Month: June	Time:	Weeks to go:
Monday 26th	Biology Paper 2 9 am	
Tuesday 27th	Physics Paper 2 2 pm	
Wednesday 28th	French Speaking 9 am	

Instructions and notes from the example:

- 1 Write in the month.
- 2 Add in the date of your last exam.
- 3 Pencil in your exam. Try to put it in the correct square for the time of day. This exam is at 9 am, so the first box is a good bet. (If you use pencil, you can always rub it out if you get it wrong.)
- 4 Work backwards, adding in the other dates.
- 5 Add in your second-to-last exam.
- 6 And the one before that, and so on...
- 7 Once you've done the last page move to the previous page. Carefully working backwards, fill in all the dates next to Sun, Sat, Fri etc. Continue backwards, dating the pages until you get to the date you're starting your revision. (Just make sure you use the correct number of days for each month.)

Your Revision Timetable

Above is an example of a blank revision timetable .

This timetable is split into 5 sections, this will help you to divide your day up into chunks and plan what you want to do during each chunk.

Things to think about when planning your timetable –

What times work best for you? Write down when you feel you have time to revise on each day. We know you may have different commitments on each day so start by writing down some suggested times –

Monday -

Tuesday -

Wednesday -

Thursday -

Friday -

Saturday -

Sunday -

How long will your chunks be - .....

Make sure you take into account your get up and going to bed times

Average get up time.....

Average going to bed time .....

Breaks – plan breaks – how long do you feel you need between activities/revision sessions to be ready for the next session?.....

Here is a check list to compare against your timetable –

- ☐ Have you included all your exams for every subject?
- ☐ Have you added in topics for at least the first few weeks?
- ☐ Have you double checked the dates of the exams so you know when you can work towards that date?
- ☐ Does the timetable cover a mixture of subjects each day?
- ☐ Have you planned in regular breaks?
- ☐ Have you left time for the things you enjoy doing as these are equally important?
- ☐ Have you left a few gaps to change things around if needed?

If you have done all of the above your timetable is ready to go! But remember it is not set in stone and it is ok to change things around if it is not working.

Another great thing to do is break each subject down into topics and list them so you can check them off as to how confident you are on each topic and also to ensure you have revised each of them.

See example below –

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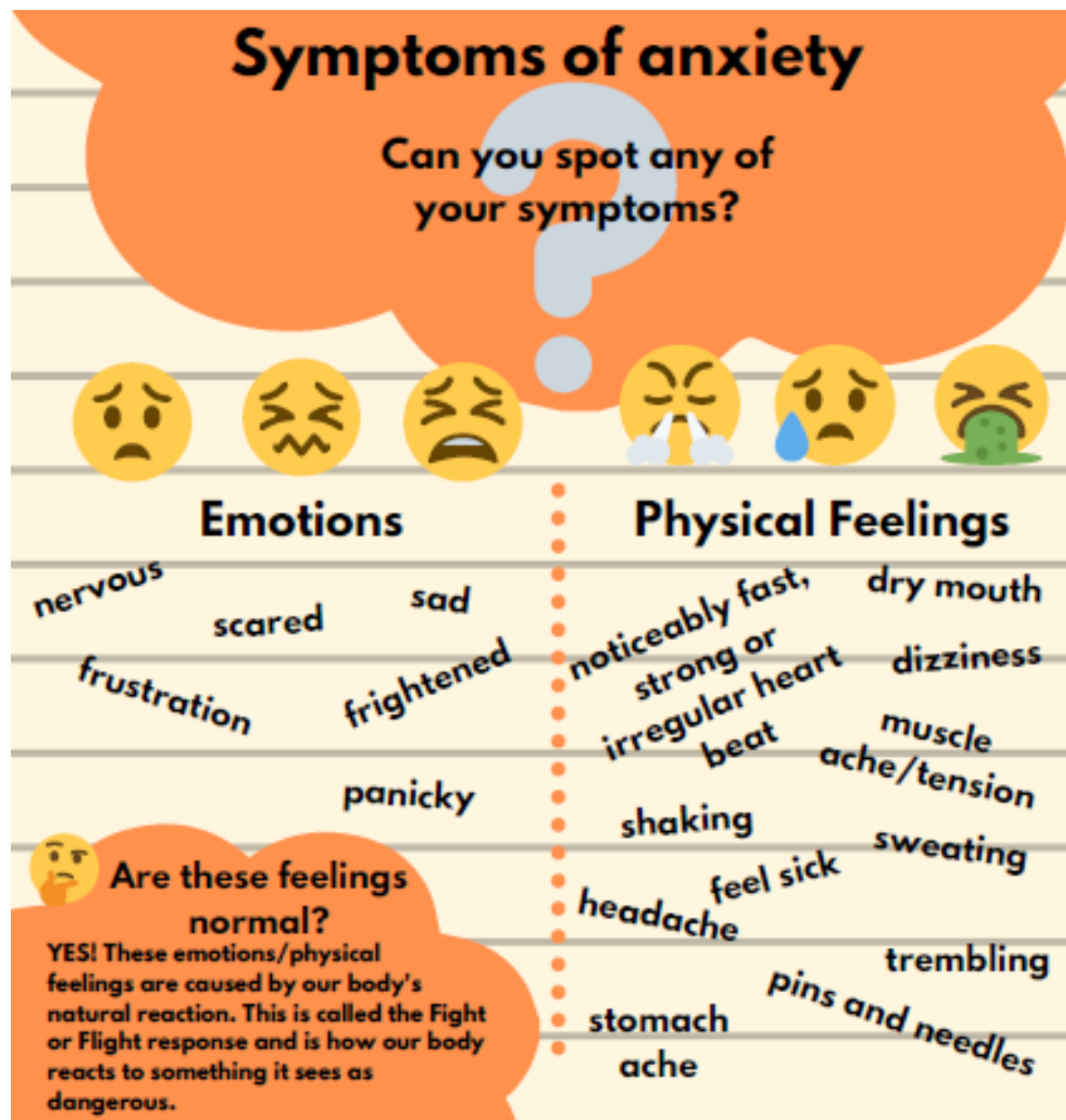




- Start Revising as soon as possible
  - Set up a tidy study space
- Revisit topics several times with a gap in between
  - Vary your revision with different activities
  - Do lots of practice papers and questions
    - Set aside time to do fun things
- Keep your phone and other distractions away
  - Sleep and eat properly
- Don't panic – Plan your work and work your plan and you'll be eating your eggs–ams for breakfast!!

## Anxiety –

Even with all this advise and guidance it is normal to still have times of high anxiety. This is normal!!



What should I do to feel better?

The important thing to remember is that you're in control of your body and brain. You can go against what the negative thought is telling you!

You can do this in 2 ways:

- 1) Challenge your thoughts
- 2) Face your fears

## 1. Challenge your thoughts –

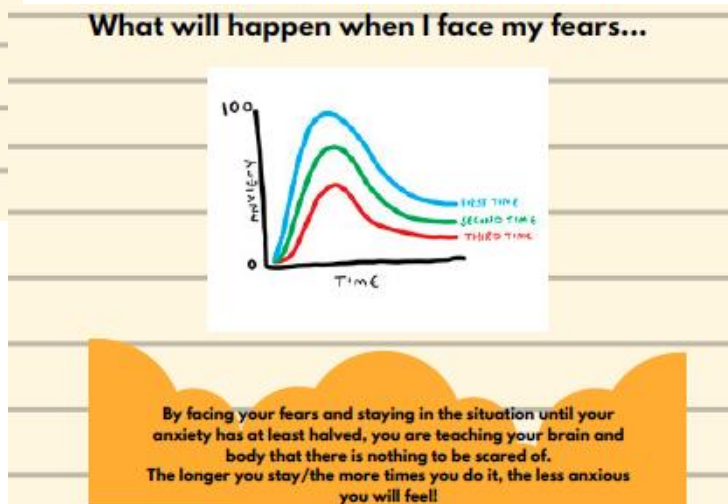
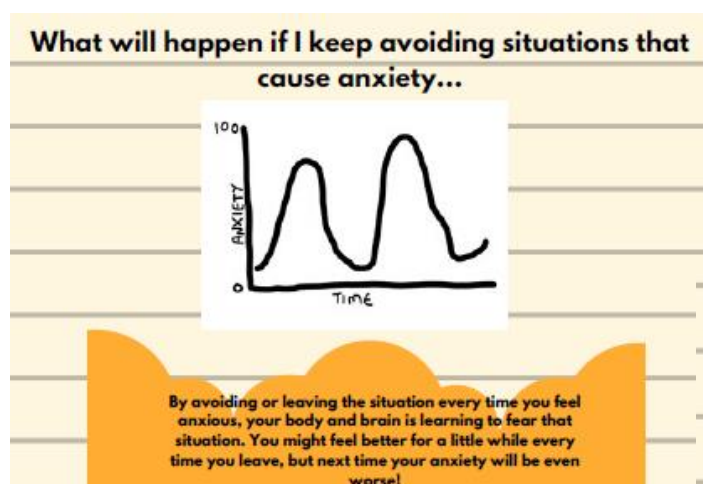
Use the table to help to start changing your negative thinking to more positive thinking.

negative thought	evidence to support this thought	evidence that does NOT support this thought	different thought (positive)

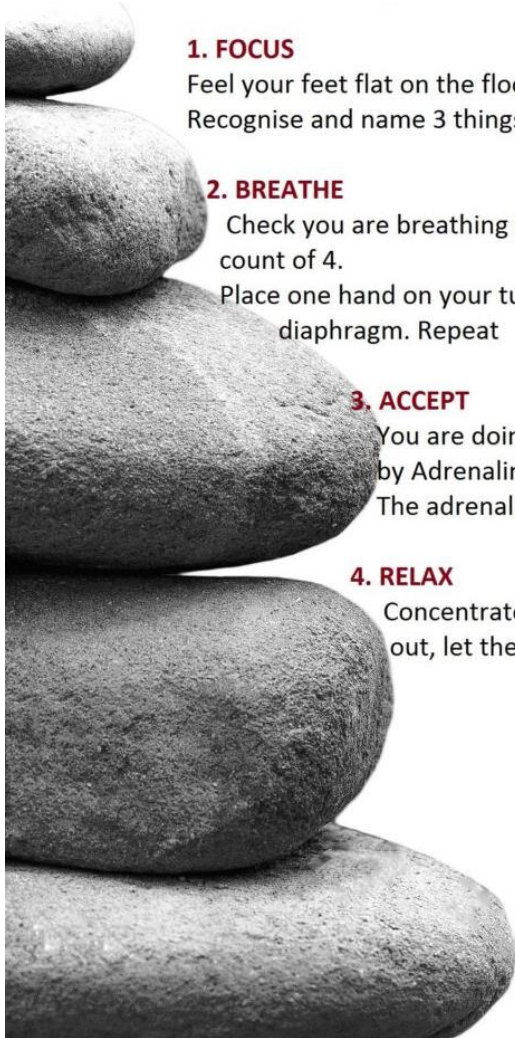
## 2. Face your fears (don't avoid the situation!)-

Your body and brain will tell you that you can't do things because it makes you feel too anxious.

However, YOU have the control over your body and brain. You can prove to your anxiety that you CAN do these things. So go out and prove your anxiety wrong! Remember! Your body can only physically stay extremely anxious for a short amount of time before it starts to get tired, so if you stay in the situation, your anxiety will come down on its own. Also, by staying in the situation, you are teaching your brain and body that nothing bad will happen.



Here are some tips of things to do if you are feeling this way –



**1. FOCUS**

Feel your feet flat on the floor.

Recognise and name 3 things you see around you.

**2. BREATHE**

Check you are breathing through your nose, slowly in and out to the count of 4.

Place one hand on your tummy to check you are breathing from your diaphragm. Repeat

**3. ACCEPT**

You are doing fine, this is just a bunch of feelings caused by Adrenaline.

The adrenaline will soon start to decrease.

**4. RELAX**

Concentrate on dropping your shoulders. As you breathe out, let them drop a notch, then repeat 5 times.

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

# Keeping Calm

Calming or Grounding techniques are a good way to reduce our heart rate/blood pressure when feeling worried or anxious. It helps us refocus our attention and overcome those unpleasant feelings so we can feel better and do more.

## 5 4 3 2 1

Take notice of your senses by thinking of:

- 5 things you can see
- 4 things you can hear
- 3 things you can feel/touch
- 2 things you can smell
- 1 thing you can taste



## Facts

Think about and name facts about what is going on right now. For example, think:

- My age is \_
- My name is \_
- I am wearing \_
- The weather is \_
- I am in \_

## Room Search

Think of a category and search the room for it. For example, look for:

- Everything that is a \_ colour
- Everything that is a \_ shape
- Things that feel of \_
- Things made of \_



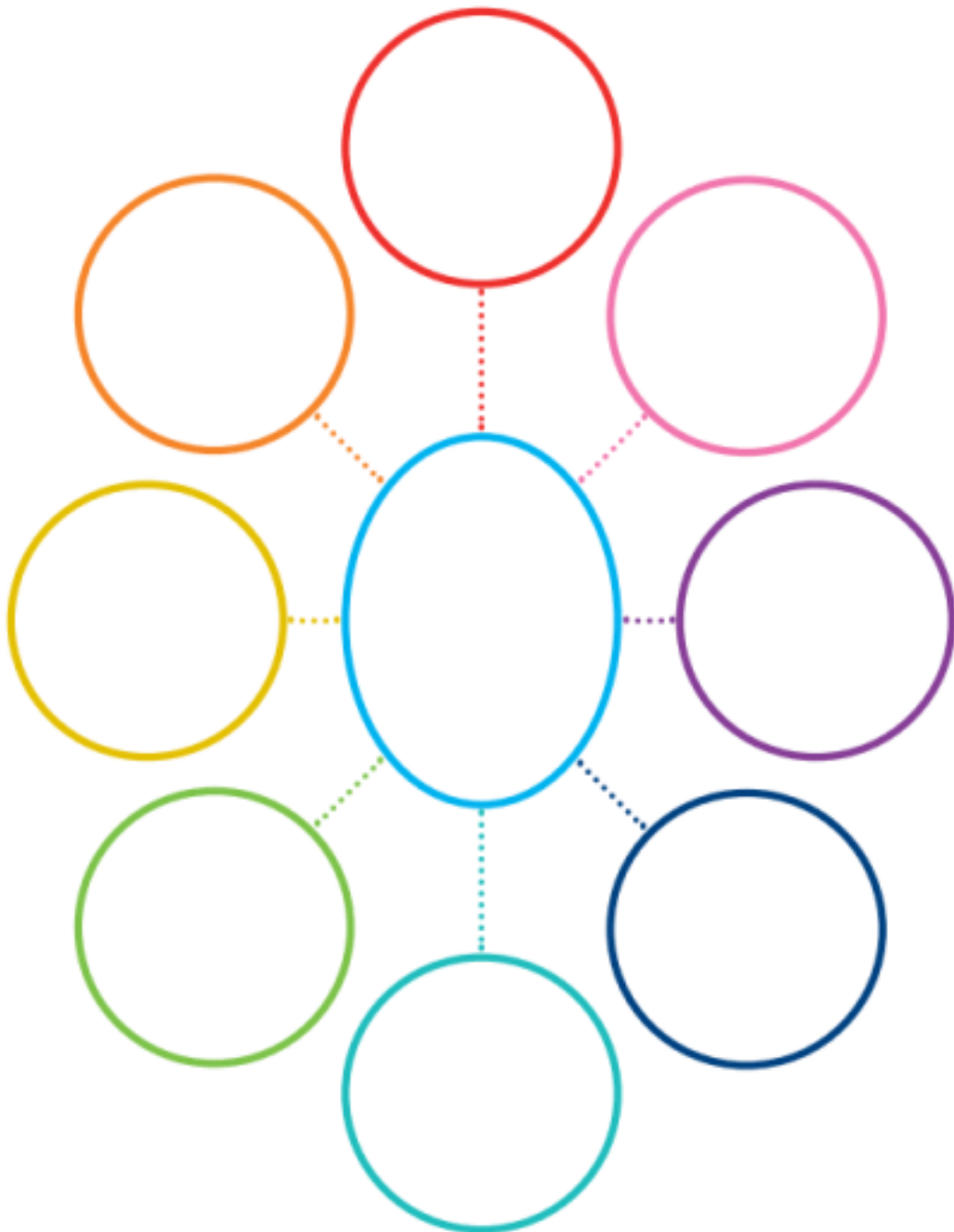
## The Link




By **thinking** about things to help us calm down we can then **do** the things we want/need to do and **feel** better and happier.

## Resources for may find useful


Mind map blank –




Blank Revision timetable -




























# Revision Timetable





See p.49 for an example of a completed timetable.



Month:				Weeks to go:	
Time: Date:					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Your Revision Timetable



**Subject:** \_\_\_\_\_

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[illegible]



## Challenging your anxiety blank table –

[illegible]

## Blank Flow chart –

Name \_\_\_\_\_ Date \_\_\_\_\_

**Topic:**



Flash card template –

