


**EDUCATION  
IS THE PASSPORT  
TO THE FUTURE,  
FOR TOMORROW BELONGS  
TO THOSE WHO  
PREPARE FOR IT  
TODAY.**



Are you prepared for  
your exams?

**YOU CREATE YOUR  
OWN REALITY.  
YOU CREATE YOUR  
OWN SUCCESS.  
STAY DEDICATED!**

Success doesn't  
come from what you do  
occasionally, but what you  
do consistently.



**“THE  
MORE  
YOU LEARN,  
THE  
MORE  
YOU EARN”**

Preparing for exams  
Reducing stress and anxiety

# What this leaflet covers

To understand how to prepare adequately for exams

To learn about the potential effects of exam stress on physical and emotional wellbeing, and ways to manage it.

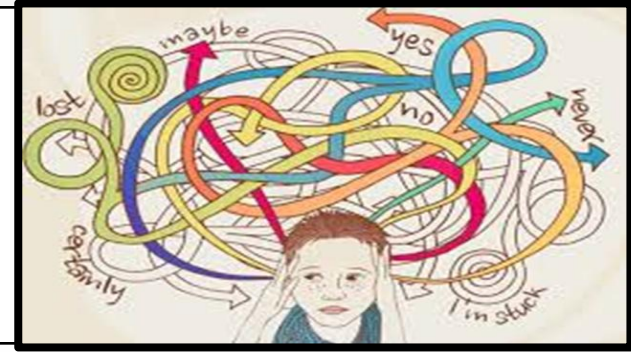
To select and use strategies to help manage exam stress, including

revision techniques

To know how to get help and access support for stress and anxiety



It's normal to feel anxious about exams....  
But you can learn to reduce anxiety...  
leading to increased success!



- Feeling anxious and stressed about exams is to be expected. These feelings are **completely normal**. They **motivate** action and can be put into **positive** use.
- You must put strategies in place now to help you prepare yourself for the **inevitable** stress that will happen.
- It is easier to do it now than later...
- Don't put revision off, the earlier you start, the more prepared and confident you will feel, which will reduce stress and anxiety.

“

**Don't put off  
until tomorrow  
what you can do today.**

BENJAMIN FRANKLIN



# Preparation is important!

# Reflection Questions

- Do you revise for exams? Why/Why not?
- Do you use a revision timetable to help you?
- Do you tend to feel anxious and stressed leading up to exams? How do you manage this?
- What do you think would help you to feel less stressed? What can **YOU** do to relieve stress and to do the best you can in your exam?



What revision techniques work for you?



# What can YOU do to relieve stress?



<https://www.youtube.com/watch?v=fHfHSq7PVDU>

9 minutes – Tips on how to prepare for exams and reduce stress anxiety

# HOW TO DEAL WITH EXAM STRESS

HAVE AN ACTION PLAN FOR WHEN YOU ARE STRUGGLING TO OVERCOME A PROBLEM



MAKE SURE YOU ARE TAKING REGULAR BREAKS



EXERCISE REGULARLY AND MAKE SURE YOU ARE GETTING SUFFICIENT SLEEP



DON'T BE AFRAID TO SPEAK TO SOMEONE ABOUT HOW YOU ARE FEELING



STOP COMPARING YOURSELF TO OTHERS - KEEP THINGS IN PERSPECTIVE



PROVIDE YOUR BRAIN AND BODY WITH FUEL - EAT WELL



TAKE ADVICE FROM YOUR TEACHERS

PREPARE YOURSELF - MANAGE YOUR TIME EFFECTIVELY AND BE ORGANISED



LEARN SOME BASIC RELAXATION TECHNIQUES - E.G. DEEP BREATHING

SET GOALS - REFLECT ON WHAT YOU NEED TO DO TO ACHIEVE THEM

# Recipe for effective revision & successful results ...

Spaced Practice

Retrieval Practice

Mindset

Support

Attendance

=

## Revision timetable

*hourly study plan*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							

*subjects*

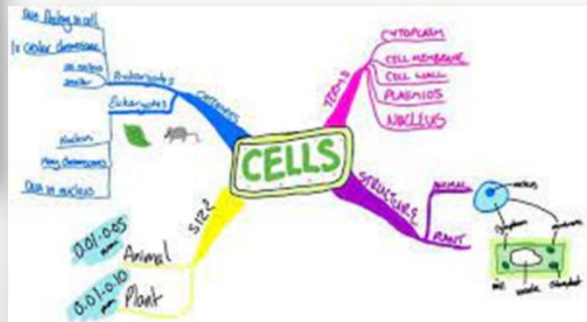
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BIOLOGY							
MATHE							
HISTORY							

Success

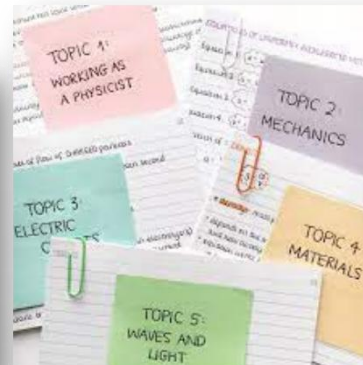
**SUCCESS IS NO ACCIDENT.**  
It is hard work, perseverance,  
learning, studying, sacrifice, and most  
of all, love of what you are doing.  
— Pelé —

A LITTLE  
**PROGRESS**  
EACH DAY  
**ADDS UP TO**  
BIG RESULTS

## Mind maps



## Flash cards



**GOOD  
REVISERS**

by @Inner\_Drive  
www.innerdrive.co.uk

**POOR  
REVISERS**

Eat breakfast



Skip breakfast

Sleep 8-10 hours a night



Get little sleep

Have regular  
bed times



Have inconsistent  
bed times

Get fresh air each day



Stay indoors all day

Exercise regularly



Do no exercise

Do past papers



Mostly revise highlighting  
"key" passages

Spread out their revision



Cram their revision

Keep a diary to capture  
negative thoughts



Dwell on worst  
case scenarios

Revise in a quiet  
environment



Revise while listening  
to music or TV

Drink water regularly



Forget to stay hydrated

Put their phone away  
during revision



Revise with their mobile  
phone next to them



# Revision ⌚ POWER HOUR



STEP  
01

Choose a past  
paper question

Google your subject,  
level and exam board  
e.g. "Geography A-Level  
Past Papers AQA"

STEP  
02



Revise

Spend 20 minutes  
revising what you need  
to know to answer your  
chosen question

STEP  
03

Do the question

Set a timer for 20  
minutes and answer the  
past paper question you  
chose

STEP  
04



Get feedback

Show your teacher your  
work. Ask them whether  
your marking is accurate  
and how you could  
improve your answers

STEP  
05

Mark your answer

Using the mark scheme  
for the past paper mark  
your answer. This will  
help you to think like an  
examiner



Another tip!

You can often find the  
examiner reports with  
the exam papers and  
mark schemes, worth  
a look to see where  
previous students did  
well and didn't!

# Exam Technique Tips



- Completing past papers is key to perfecting your exam technique. .. Find out what exam board your subject uses – ask your teacher. Most exam boards cover all the specification (content) of an exam over a 3 year period, which means you can look for patterns in the exams, and try to work out what may come up. (Obviously you will never know what's in the paper, so you do need to revise for ALL topics!).
- Read through the whole paper once before starting the exam. This will allow your brain to start trying to find information that might be in your long term memory. Use acronyms to help structure long-answer questions or to remember things. ...
- Underline key words in the questions, what is the question actually asking, this is a common mistake

Having good exam technique can be the difference of passing or failing an exam.  
The best news: This can be learnt!



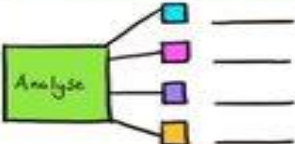
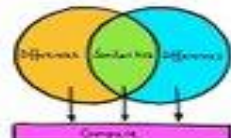

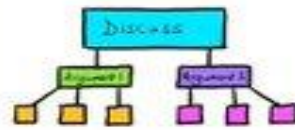
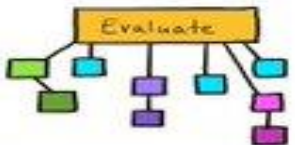
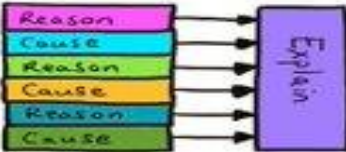

## Exam Technique Tips

- Practice time management and question planning. Find out what the time limit is for each question, and try to stick to this. For example if the exam paper is 60 minutes long and the total marks for the paper is 60, then you have a mark per minute.
- Always stay until the end, proof reading your work. If you take the time to always proofread your work, you will have a lot less errors, you will be able to find at least 80% of your own mistakes if you read over your work a couple of times. You may also think of additional things to write, each additional sentence you write is potentially another mark, that could be the difference between 1 grade and the next!
- Ensure you understand the meaning of **COMMAND** words. **SEE NEXT SLIDE FOR EXAMPLES**

Having good exam technique can be the difference of passing or failing an exam, and these things can be learnt.

# EXAM COMMAND WORDS an Impact Wales Guide

We provide bespoke research-informed school support designed for impact. To find out more [www.impact.wales](http://www.impact.wales)

@ImpactWales Analyse	Break down into its fundamental parts and examine each in detail, stating its significance.		Key point 1 this shows/operates/gives/illustrates. Name and describe each key point.
Compare	Identify differences and similarities between two or more sources of evidence.		however, whereas, larger than, greater, smaller, more than.....
Describe	Write about the features of a source of evidence using factual details.		patterns, trends, characteristics, distributions, effects, relationships
Discuss	Build up a balanced argument with supporting details.		Fact.. this is supported by shown by, you can see that, exemplified by, an example of this is....
Evaluate	Make a judgement about or give an opinion on a source of evidence, backed up by supporting details.		This shows that.... I believe that... In my opinion... The evidence shows us that....
Explain	Give reasons or causes for. Show an understanding of how or why something has occurred.		this happened and this shows... causes a reaction.... shows how it can/will
Summarise	Draw your key ideas and key points on a source of evidence together in one short section of writing.		Must be: Concise, accurate, objective Condenses information into key points

# Useful apps to help you

## Well-Being Support Apps

### 1. Stop, Breathe & Think

A friendly app to guide people through **meditations** for mindfulness & compassion.

### 2. Clockwork Tomato

Clockwork Tomato is a **time management** application, a method that boosts productivity by breaking down work periods into 25-minute slices, separated by short breaks.

### 3. My Fitness Pal

It can be very valuable to **exercise** during the exam period but it is also crucial to make sure that you're fuelling your body with the right foods.

### 4. Noisli

Noisli is designed to help you block out frustrating **background noise**, help get yourself in the zone and reduce stress.

5. **Calm** – An app with meditations

## Revision Apps

### 1. Gojimo

It works like this: you pick your subject and your exam board, then you take part in **quizzes** to test your knowledge. Not only do you get instant feedback, you are also given detailed explanations, so if you go wrong, you can work out why.

### 2. iMindMap and bubbl.us

iMindMap or bubbl.us help create **mind maps** that can easily be shared with friends too. It works the same as it does on paper, but it is more mobile and, arguably, more collaborative.

### 3. Quizlet

Quizlet enables students to create their own revision **flashcards**, as well as to use sets created by others. Teachers can also create sets to share with their students.

### 4. Memrise

Great for learning and **testing vocab/** new words.

### 5. Get Revising

Create **revision timetables** using Get Revising Study Planner tool.



# Reminders for YOUR success!

Only **YOU** can do it!

- Start early – leaving things to the last minute will always add unnecessary stress
- Create a revision timetable and stick to it! Make sure you allow time to rest too!
- Small short chunks for study sessions, much better than longer periods of study.
- Take regular breaks (but not too regular!!)
- Set specific times study sessions – When does your brain work best/most productively?
- Create Flashcards, Mind maps, record yourself reading notes and play back, whatever works for you!
- Could you work with a friend and teach each other the content?
- Practice, Practice and more Practice! Practice makes perfect! Past exam papers are ALWAYS useful. Make sure you ask your teacher to look over your work.
- Study in a quiet place where you will not be disturbed.
- Turn off phones and other distractions, so you do not lose focus and concentration.
- It is easier to process information with no background noise!
- Believe in yourself – Try your best – **YOU can do this!**

<https://www.youtube.com/watch?v=p60rN9JEapg> 3 minutes – Scientific strategies that work!

# Where to get help and support (If you need it).



- Talk to a trusted adult about how you are feeling. This could be a parent, a teacher or an older sibling or family member. They will all have completed an exam at some point and may be able to reassure you.
- Kooth online counselling service – It's good to talk!
- National Health Service – GP is a good starting point, they can refer you for help for severe anxiety



# 5 WAYS A LIFE & CAREER COACH CAN SUPPORT YOUR TEENAGER!



EVA CARROLL  
INSPIRE AND ACHIEVE

EVA CARROLL  
TEEN LIFE AND  
CAREER COACH



## ENHANCE MENTAL HEALTH

Life coaches can provide strategies to manage stress, anxiety, and depression, promoting overall mental wellbeing.



## BOOST CONFIDENCE

I can help teenagers build self-esteem and confidence, crucial for personal and academic success.



## IMPROVE ACADEMIC PERFORMANCE

I can offer techniques for better study habits, time management & organisation leading to improved grades.



## CAREER GUIDANCE

Life coaches assist teens in identifying their strengths and interests, guiding them towards suitable career paths.



## IMPROVE RELATIONSHIPS

Friendship issues – or arguments with parents! I can help with communication and get things back on track!



VISIT MY WEBSITE - GOOGLE  
EVA CARROLL  
INSPIRE AND ACHIEVE  
TEEN LIFE COACH

If you are interested in finding out more about how I can help, why not book in a free call with me?

Link to my diary:

<https://calendly.com/evacarroll-inspireandachieve/30min>

Find out more:

<https://evacarroll-inspireandachieve.co.uk/teen-life-coach>



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KNOCK 'EM OUT, GENIUS!

Good Luck on  
your Exam

You've studied hard and prepared  
well. Now ace that test!