



Becoming an Exam Season Expert

We are now in the thick of the run-up to the exam season, whether that it is for the public or school exams and that means revision time. Here are a few ideas and things to consider to help you thrive during your revision programme. Good luck!

Am I in control of stress or is stress controlling me ?

Dealing with stress and anxiety is a very common obstacle during the exam season. Many negative thoughts can invade your brain and can block you revising effectively.

When stress strikes remember this mnemonic to help you deal with it:

Stop what you are doing

Think about your next step

Action your thoughts

Reflect on whether this was the right thing to do

Sleep – the preparation of revision champions →

Making sure you get eight hours sleep during the exam season is crucial for success. Your brain needs that down time to process information learned during the day and ensure that it is ready for more information in the coming days. Therefore, late night cramming is rarely effective.

Here are some top tips to help ensure you get a full night's sleep:

Unplug – make sure all distractive devices, such as a smartphone or the TV, are switched off. These devices excite the brain and reduces the body's ability to produce the sleep hormone melatonin. Have a full digital detox at least an hour before bedtime.

Breathe – lie still. Do some deep breathing. This will calm the mind.

Don't eat too late – Snacking last thing, especially on sugary stuff, will impair your sleep.

Go dark – Is your room too light? If so, wear an eye mask. The darker it is, the deeper you will sleep.

De-stress – Write out the things you need to do or remember for the next day. This will help you organise your thoughts for what you need to do for tomorrow.

Stick to a rhythm – Going to bed at 11pm one day and 9pm the next...up at 6am one day and 11am the next? Your body won't like it! Get into and stick to a good sleep habit.

Key things to do during the exam season

Exercise – get out! Get your heart rate up, as better fitness and being active means more energy and increased concentration.

Daylight – Fresh air and daylight are essential for a positive mindset.

Talk to others – We are all in it together. Talk to someone in the school community about being stressed. Whether it's a friend or a member of staff, it's crucial that any stress isn't left bottled up.

Keep going! – Don't give up. Keep working to the end. Don't stop revising until you have completed your final paper. It's a marathon, not a sprint.

Eat well – avoid foods like bread which can make you feel bloated and tired. Eat foods with natural sugars, such as strawberries and bananas, as the body takes time to digest the glucose in these foods so you avoid the highs and lows which are produced when you eat foods which contain processed sugars.

What does revision really stand for?

Rest, **E**xercise, **V**ariety, **I**magination, **S**tructure, **I**ndividual, **O**ngoing, **N**ot too long.