

Strategies to avoid stress

- Be assertive—stay switched on
- Limit time spent with people who stress you out
- Make your feelings known
- Improve your time management
- Focus on the positives



Where can I find some more information?

Young minds

https://youngminds.org.uk/find-help/feelings-and-symptoms/problems-at-school/?gclid=EAlaIqobChMllraTh7za2glVbb7tCh0tlwuoEAAYAiAAEgKFI_D_BwE

Student minds

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

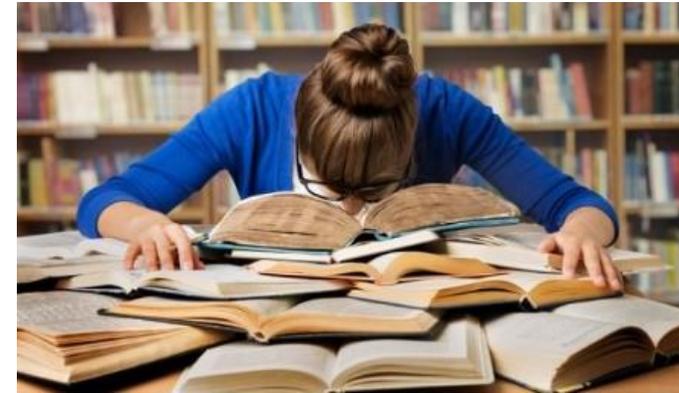
Exam stress - strategies used to overcome

https://www.samaritans.org/education/deal/coping-strategies/exam-stress?gclid=EAlaIqobChMlxKaWhL3a2glV57ftCh0l5wJaEAAyASAAEgLo7_D_BwE

6 podcasts to listen to when you're feeling stressed

<https://www.bustle.com/articles/159278-6-podcasts-to-listen-to-when-youre-feeling-stressed-because-we-all-need-to-chill-out>

Good luck with all your exams over the next few months!



Recognising when help is needed

Insight, tactics and strategies in dealing with exam pressures



Outwood Academy Newbold

Parent/ Carer area

What are the signs?

- 1) Does your child worry a lot?
- 2) Do they not sleep well?
- 3) Do they get headaches and stomach pains
- 4) Have they lost interest in eating?
- 5) Have they lost interest in activities they previously enjoyed?

Talking to your child can really help but there are some other things you can do:

H.T.E.P

- **Help** them out with their work if possible
- **Talk** to them about their concerns and try to resolve problems
- Encourage **exercise** during the exam period as it alleviates stress
- Avoid **pressuring** them. Encourage them to do well and remain positive at all times

Exam stress and the implications on retention

- Stress changes the way we learn and it can affect memory quality.
- You will be able to concentrate for a shorting period of time and the quality of that learning will be lesser than that if you were not stressed.
- Stress changes the way information is stored in the brain.
- You will find it difficult to solve problems and recall information at a later date.



Don't let this be you!

Have you considered your style of work?

- Inefficient: inconsistent content coverage; trying to memorize the textbook; binge studying; all-night studying before exams.
- Ineffective: reading without understanding; cannot recall the material; not making revision notes; not revising.

