



Rednock School
Quality, Partnership, Success

Guide to Learning

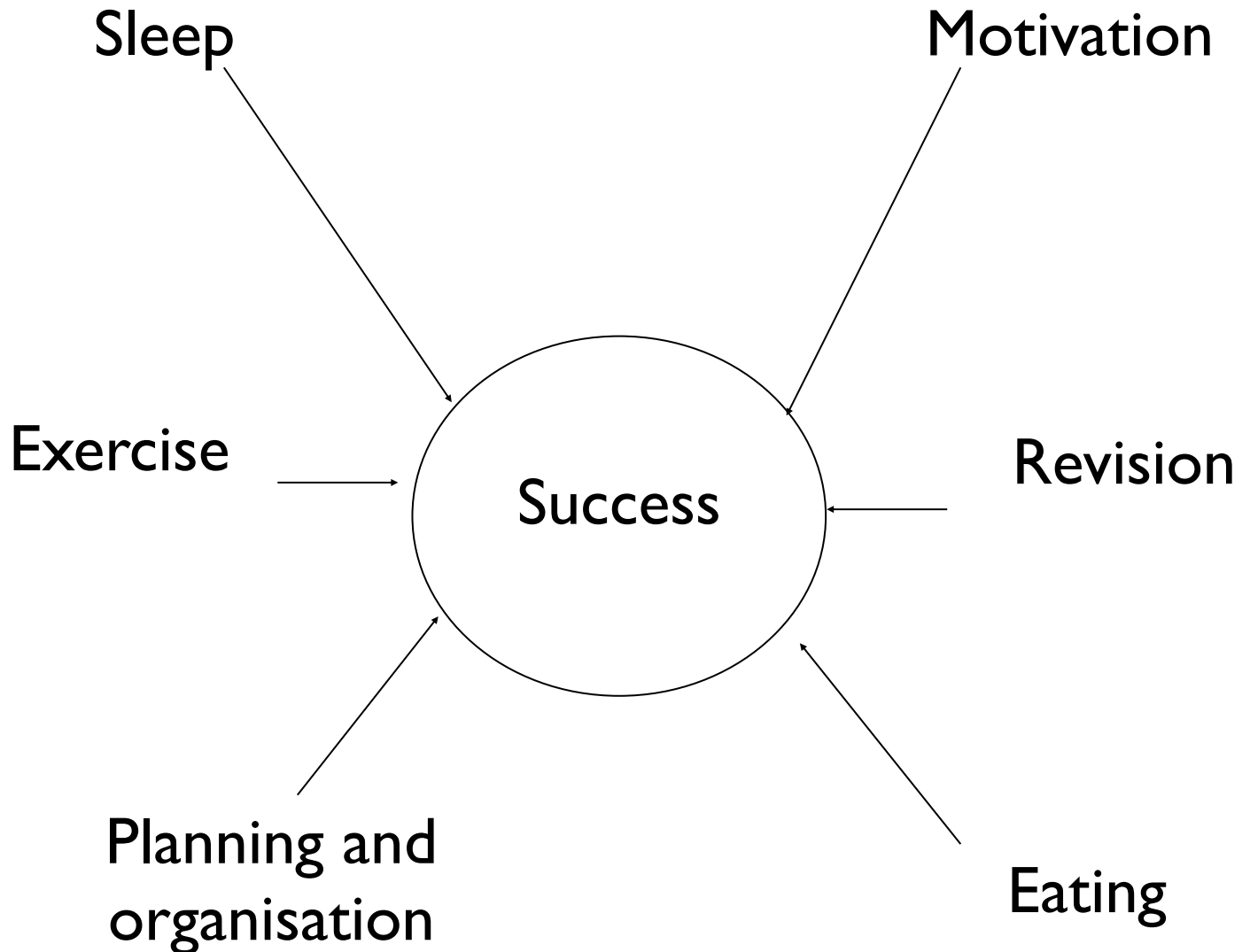
A guide to helping you achieve your best in
your exams

**Believing in your
success**

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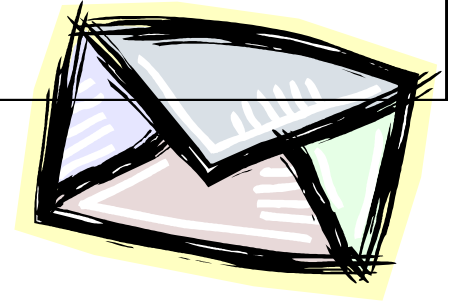
The ingredients of exam success

How hungry are you for success ?

What have you got to lose ?

What are you doing now to make it happen for YOU?

What do you want to do once you've finished your exams?



That Moment in August

Picture the scene:

It's a hot summer's morning. You're standing outside of the Main Hall with a group of friends waiting to pick up your results. There is a lot of laughing and nervous conversation. It is the first time you have been back in school since your last exam in June. You walk through the doors and see your Community Leader. You are given an envelope which you open with trembling hands. When you finally get the envelope open you read the contents several times before your brain can take in what it says.

- What can you see ?
- How do you feel ?
- What are you saying to yourself ?
- What is the first thing you want to do ?

So, what was the result ?



- Did you set YOUR goals high enough?
- Did YOU put in the necessary effort ?
- What do you need to do to make sure you get the results YOU want and need?

Make a list of all the exams that you will be taking and write down the grades that you WANT to see when you open your results envelope.

Subject

Grade

Subject

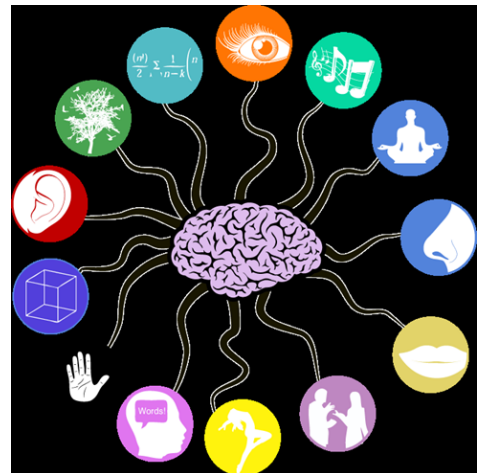
Grade

Revise Wise—revising to reach your goals

1. Which revision techniques do you already use? List them in order, from the revision technique you use most to the one you use least:

2. Which type of learner am I? Tick the ways you learn best:

- Through pictures, colour and images;
- Through sounds;
- Through music;
- Through movement;
- With others;
- Alone.



**Do the revision techniques you use at the moment match your preferred learning style(s)?
If not, which other revision techniques will you use from now on?**

3. Look back at the grades you hope to see in your exam envelope on page 4. Which ones will you need to prepare especially hard for? Be honest with yourself.

For each subject that you have identified, write down exactly what you need to do between now and the exams to hit your target. Avoid comments like 'work harder'. Instead, be specific including which subjects or topics you need to revise and which revision methods you will use. If you're unsure, discuss what you need to do with your subject teachers.

Subject:

What I will do to reach the grade I need:

4. Which barriers might stop you from achieving your goals?

Possible barrier:

What I will do to overcome this barrier:



You the Student

Your exam results are very likely to affect your future life choices.

- Be hungry to succeed.
- Be positive.
- Don't put limits on what you can do.
- Be pro-active (not reactive).
- Start now ! Don't put off revision.

Your Family

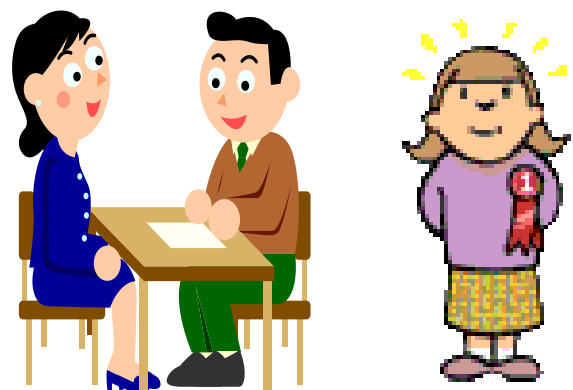
Draw upon support from others:

- Ask your parents to be patient and support your revision needs.
- Make sure you have a quiet, tidy working space.
- Ask brothers and sisters to respect your need for concentration.
- Use your parents for testing knowledge.
- Ask your family to keep an eye on your stress levels (more later).
- Ask your parents to read this booklet.

Your Teachers

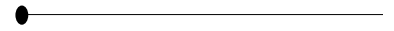
- Your teachers will want you to do your best.
- Always ask questions if there are things that you don't understand.
- Seek out teachers after the lesson if you feel that you need to talk one-to-one.
- Talk to a teacher, tutor or Community Leader if you feel stressed or in need of a chat.
- Make an appointment to see somebody if you are worried about something. *Don't* bottle it all up and keep it to yourself.

The tripartite approach to revision





What makes me work ?



- We often limit our achievements
- Believe in your ability to succeed
- You can reach the highest goals if you believe in yourself
- If you tell yourself that you can't do something you won't be able to do it

To achieve
success you
must be
positive

- If you want to achieve something-
you will motivate yourself to do
it
- Master your time to make time
to succeed
- Make exam success one of your
priorities
- Successful people plan their time

Motivation

Time is life

It is irreversible and irreplaceable

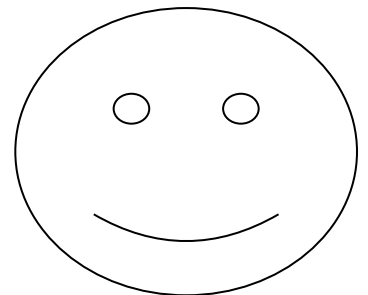
To waste your time is to waste your life.

But to master your time is to master your life and to
make the most of it.

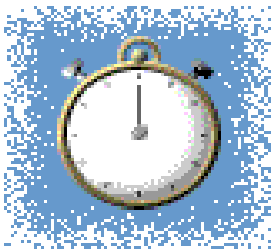
Lakein



**Planning
time is rarely
wasted time**



**Believe in
yourself**



How do you spend your time at the moment ?

Look back on last week...

	Yes	No	Comment
1. Did you spend time planning your week ?			
2. Did you decide in advance what you had to achieve ?			
3. Did you set any priorities ?			
4. Did you set any deadlines and meet them ?			
5. Did you meet deadlines set by other people ?			
6. Did you arrange any special activities ?			
7. Did you find time to relax ?			
8. Did you write down your goals ?			
9. Did you spend any time reflecting on how effective your learning was ?			
10. Did you put off anything you needed to do/waste time ?			

Time Management Task

That was last week..

STEP 1: Now write down what I have to do next week:

Next week, the tasks I have to do are:



Step 2: What would I like to do next week ?

Step 3: Now look at both of your lists and number each one, separately, in priority order. Put a number 1 beside the most important thing that you have to do next week and then number the rest of the items in that box. Then move to the next box and repeat the process.

Step 4: Action Plan for next week

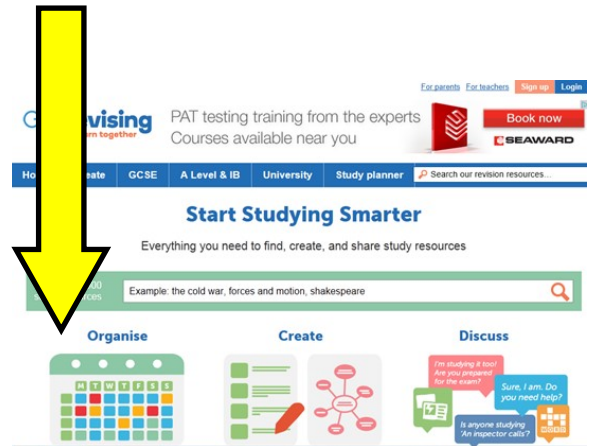
Things to do next week	When I will do them	Tick when done

Creating a revision timetable

Some basic principles:

- Revision slots should be short (ideally, 45 minutes or less each).
- Slots should focus upon specific topics rather than subjects.
- Timetable topics you find tricky when you're at your most alert and focused.
- Build in breaks and time to relax.

There are a number of ways to create your revision timetable. For instance, you could use an online tool such as that available at getrevising.co.uk:



Or, you could try a revision timetabling App.

In either of the examples above, make sure you know which exams you have and when. Ask your teacher or Exams Officer if you are unclear or unsure.

Or, you could download and use the Word template located on the school network at:

R drive (learning resources) - 'revision resources' folder.

	Monday 9 March	Tuesday 10 March	Wednesday 11 March	Thursday 12 March	Friday 13 March	Saturday 14 March	Sunday 15 March
Morning							
Afternoon							
Evening							

What matters is that you plan and organise your time, so that your revision is as effective as possible.

How Do I Organise Myself ?

- Planning a revision programme needs a great deal of thought
- Work backwards from the time of the exams to the moment you intend to start revising
- Build in enough breaks
- Don't over-estimate the time it takes to:
 - ⇒ Get your notes up to date (missing notes copied)
 - ⇒ Get your topics indexed and file-divided
 - ⇒ Get your notes shrunk and chunked (see revision techniques)
 - ⇒ Have your understanding tested
 - ⇒ Get your understanding re-tested after repeating the process, for every sub topic of every topic of every exam

Exam Subject → Topics → Sub Topics

- Planning is control
- Control reduces stress
- The more in control and less stressed you are the more likely you are to achieve your best

The Plan Step 1 — Draw up a grid similar to the one below, or use the template on the school network (R drive: learning resources in 'revision resources' folder).

Week No/ Date			
	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

You could break this down into hours but remember to build in breaks and rewards (e.g. watching T.V.)

Step 2

- Diary dates—fill in everything on your planner. Include holidays, social events, sporting fixtures. You may need to think about this !

Step 3

- Fill in the dates of your exams, this shows you how much time you have between each one

Step 4

- Break subjects down into topics and revise topic by topic
- Count up the number of topics
- Count how many slots you will need for each topic, but check that you are giving enough time for each topic
- Check that you are giving yourself time to shrink down resources and self-test
- Check that you are building in time for re-testing and re-revising topics !
- Always work backwards from the exams. You then see how much time you have left to prepare.

Relaxation

- You must build in time to relax otherwise you will not make it or get so stressed that revision becomes a negative learning tool.
- Build in mop-up slots and safety slots in case something pops up that throws your timetable out of schedule

Step 5

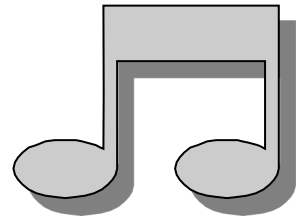
- Copy your plan if possible (in case the dog eats it!).
- Put it up where you can see it and check against it.
- Tick off work completed and further work that may be needed.
- Use the plan to control your time —being in control is good !

Where I Learn

Essential Checklist:

- Comfortable place to work & revise
- Desk/table
- Comfortable chair to support your back
- Good level of lighting
- Good level of ventilation and warmth
- Quiet
- Family understands your needs
- No TV; no music with lyrics
- All the resources that you need, including notes, books, pens, pencils, paper, card, colours
- Organise your space and remove distractions. E.g. turn off your mobile phone!
- Keep a tidy room
- Put up a 'do not disturb' sign.

Music



- Some people work better with a low level of music in the background.
- Some classical music has been shown to improve the concentration of the brain by stimulating it.
- Avoid fast beat music (as it may inhibit learning).
- Slow and quiet music can be relaxing.
- Some Mozart and parts of Vivaldi's Four Seasons plays at about 60 beats per minute, the same as the heart.
- Avoid music with lyrics which may detract from your ability to concentrate.

How do I Learn ?

- We all learn in different ways. For instance, some people prefer to learn by seeing, others by hearing and some through doing.
- You must formulate your own ways of learning and decide what is best for you, which will differ in many ways to your friends and classmates.
- You do not have to revise the same way for each exam. What works best for each subject ?

Possible Revision Techniques

1. Highlight key points in existing notes

- Underline in various colours (colour coding) important aspects of work.
- Use to chunk down work, giving you information to process later.
- Very effective to visually draw out key points for revision.



2. Make a mindmap

- Like a spider diagram using key words and possibly images/ colours
- This could be used as a summary from highlighting key points and is a good way to visually remember things.

3. Fives

- The general idea is to work from a basis of 5 key points in a particular area.
- Formulate these first, then check them with your subject teacher.

STEP 1: Once you have identified the 5 points, make a revision prompt card of them.

If you are creating them for a whole topic, you should end up with a set.

STEP 2: Next, transfer the same information onto a mindmap.

You should end up with exactly the same information on the cards and the mindmap .

STEP 3: Record your voice as you read the mindmap out.

- You will then have a handy revision aid you can listen to on the bus / walking to school etc.



4. Monologues

- Take some of the key points from your lists/notes and talk about them out loud.
- Record yourself speaking on your iPod or phone.
- Using background music may help, as some people have found that a particular piece reminds them of an associated topic.
- Playback the recording during 'dead time', i.e. on the bus, walking etc.
- Record a bit each day and your recording will grow.



5. Song & Rhyme

- Making up catchy phrases or rhymes can help with crucial bits of information.
Example: to help you sort out which is the x and the y axis on a graph you could remember 'x below y because y goes up high', cringe-worthy yes, scoring points in an exam, who cares about being silly!
- Making up song and rhyme can be fun, sharing it with others even funnier.

6. Mnemonics and Acronyms

- A mnemonic is a word or abbreviation that helps you remember.
- An acronym is a word made up using the first letters of a series of other words, or the first word of a series of sentences. An example—to remember the advantages of carrying credit cards (for a Business Studies question):

Convenient to carry

Outlets for use everywhere

Pay later

Security

Extras, insurance, air miles

REMEMBER

These five points spell out
COPSE. Remember **COPSE**
and you remember all of the
key credit cards advantages.

- Make acronyms funny or personal if it helps. It is an excellent way of reducing a great deal of information into manageable chunks.

7. Prompt Cards

- Summarise key points in note form.
- Try different colours for different topics/subjects.
- Use the prompt cards to test yourself, or ask others to quiz you.



8. Question and Answer

- This can be done with friends or family, and can take several forms:
 - Past paper / revision guide questions;
 - Questions / quizzes students have written themselves;
 - Invented open questions.



Regardless of the format of the questions, they should test your knowledge of a particular topic and allow you to identify strengths and areas to work on.

9. Lists, charts and notes

- More traditional methods still work !
- Bullet pointed lists are a good way to summarise information.
- Visual methods including charts are excellent ways to memorise information, especially if they are large (big enough for your wall !)
- Concentrate on shrinking the information down as far as possible.
- Eliminate excessive words from lists, focus on key terms.

10. Word Walls

- Following on from above, using the key terms and the language used in subjects will earn you marks. Why not have some of these scattered around the house/bedroom or on walls around the house? Just remember to ask for permission first!

Economies of Scale

11. Structured talk

- One of the most effective ways to learn is to talk to or teach someone else.
- This helps you process information yourself as you explain it to others.
- Use friends and family to test you—how do you know if you know it? Move quickly away from the idea that if you have read something that you must know it—you probably don't! You may be wasting your valuable revision time. A study buddy can help you here.
- Build in a test EACH DAY to see how well you are learning/revising something.



12. Practising Previous Exam Questions

- Test yourself against the real goal posts by doing past papers !
 - These give you a great idea of the style of questions, how many questions in each section and timing.
 - It gives you an excellent experience of decoding the trigger words—what exactly are they asking you to do rather than answering a question as you want to.
- Understand the language !
- Make sure that you, a friend or a teacher mark the answers to check your understanding and technique.



Over 60% of all errors in exams are caused by not reading the question properly.

You know something if you can recall it whenever you want.

You cannot be sure that you know something because you can recall it 30 seconds after reading it.

Learn and re-learn

13. G.C.S.E. Pod

The school has purchased a subscription to G.C.S.E. Pod. This fantastic revision resource enables Rednock students to access thousands of revision podcasts via their own mobile devices. Please see overleaf for further information on how our students can benefit from and access G.C.S.E. Pod.

13. Take a break

- People learn best at the start and finish of each revision session, so have lots of starts and ends !
- The maximum time you can concentrate for is about 45 minutes
- Reward yourself by finishing something and then taking 5 minutes out for a drink—then back to it

Re-read it

Illustrate it

Think about it

Look at re-worked notes

Sing it

Attach it to your memory by linking it to a personal memory or emotion

Make up a mnemonic

Mind-map

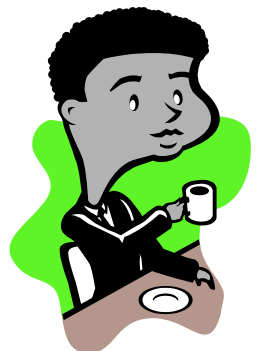
Poster-it



Reduce it down to five key points

Process It

Learn it



Why use GCSEPod?



It's convenient and effective

The Pods are designed especially for mobile devices but can be watched on any computer, smart phone or tablet. Even better, they can be downloaded so your child can watch them online or offline. Wherever they go, GCSEPod goes with them. It's like they're carrying a whole world of knowledge and revision in their pockets.

An expert reads and explains everything clearly and precisely with all the right facts, quotes, keywords, dates and annotated diagrams on screen.

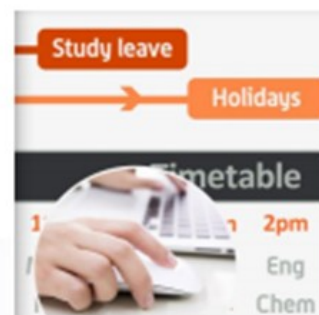
Your child won't need to use GCSEPod for long before they feel the impact. Consistent use in just 10 minute chunks is proven to support achievement right up to A*.

It will help your child get organised

Your child can create personal pod playlists to listen to in the run-up to an exam, to help with homework or even to listen to on the go to help consolidate learning.

The viewing history feature enables your child to return to pods they found useful. There's also a favourite playlist – which helps to go over topic areas they may be finding difficult.

Pre-set exam playlists, available in the My GCSEs area are neatly organised meaning your child can manage revision quickly and easily whilst prioritising their time.



It can be as discreet (or loud) as you are

Your child can listen to GCSEPod anywhere and everywhere and because it looks like they're listening to music, no one needs to know they're actually swotting up.

Your child can may want to show off just how much work they've been doing or even recommend a pod to a friend, to do this they can use the social networking links on the site to connect with others.

Quick Start Guide

What is it?

- One website, Apple & Android app, over 4,000 audio-visual podcasts
- Content produced specifically for mobile devices, tablets and PCs
- Designed to squeeze exactly the right knowledge needed for exam success into short 3-5 minutes chunks
- Helps with learning, homework and revision

How does your child get it?

Your child has already been registered by the school and simply needs to activate their account. To help your child activate their account follow these simple steps:

- 1) Go to www.gcsepod.com and click "login".
- 2) Click NEW HERE? GET STARTED. Select "Pupil"
- 3) Enter your child's name, date of birth and type in the name of their school. Your school should appear in a dropdown list. Click on the school in this list to confirm it.*
- 4) Select a username, password, and a password hint to help you remember the password.

*if you're having trouble finding the school, double check that you've entered the correct date of birth and full name as it appears on the school's register.

Some schools are known by a shorter version of their name, but make sure you're typing the full, official school name.



Key Features

Playlists

Create a new playlist, give it a name, add some podcasts and save. Watch the playlist online to brush up on your knowledge or download it and take it out and about with you on your device.

My GCSEs

Keep organised by viewing a list of all your child's exams in subject or date order. View an exam playlist to see all the podcasts relevant to that exam, select the areas your child finds tricky and download to watch together.

Assignments

View homework set by your child's teacher. Your child should watch the pods selected and complete questions to help test their knowledge.

Downloads

Android/Blackberry/Windows users can download to a computer first or straight to their device. Apple & Blackberry users can download the GCSEPod app from the app store.

Let's keep in touch!



Telephone: 0191 2111 999
Email: support@gcsepod.com



Revision Tips— Don'ts



- Don't kid yourself that you know something just because it seems familiar.
- Don't revise with friends if you won't concentrate on work. If you are revising with friends make sure that it is the revising and testing that you are focusing upon. Friends are for life; exams happen just once.
- Don't fool yourself that you know something just because you have read it. Process it, learn it, test yourself against it
- Don't go on revising if you are tired. This is not profitable time and it will be better spent sleeping and picking up that time later. Give yourself a break, especially before bedtime and work to a plan, **not** ad hoc (making it up as you go along).
- Don't measure yourself against your friends—they learn in different ways. They may revise more quickly or may not be telling you everything about the quantity of work. If your friend hasn't done much either then feeling more confident is very short-sighted—you will both fall short of your potential!

And finally, some more tips—Dos!

- Get your notes up to scratch and plug any gaps NOW.
- Divide your work into sections/chunk down ready for revision (topic based) using file dividers.
- Think about more than one subject at a time.
- Revise several topics in one day/evening
- Chunk down and summarise.
- Plan your time & stick to it.
- Give yourself rewards.
- Think of the long term benefits and not the short term!
- Believe in yourself



Memory Techniques—Remembering lists using the linking method

If you're new to memory skills, here's where to start. This is the basic technique that underpins virtually all expert memory systems. Its official title is the Linking System and it works because it taps into how your brain likes to work. Namely, it uses stories, fun, humour, weird stuff, craziness... no boring lists and definitely no reading the same thing over and over. Prepare to have fun – and wow your friends.

The idea

Memorising is very hard to do if you're just trying to drill random items or facts into your head. What the Linking System does is remove the randomness between items, forming connections between them, and creating action sequences that make Hollywood blockbusters look tame. It's all up to you and the power of your imagination. Here's how to do it:

1.

Get someone to write you a list of words or objects to remember. Say there's a banana, a ball, and a paintpot.

2.

Choose your first object, and use your imagination to create a memorable image for this in your mind. A boring old banana, for example, is no good. Imagine it huge, or dancing, or blue. Or all three.

3.

Now link this first item to the next. In this case it's the ball. So perhaps your huge dancing banana could sprout a hand and start bouncing the ball on the ground.

4.

Now link the ball... to item 3, the paintpot. And make it memorable. So the ball could fly into the open paintpot with a giant splash which causes paint to fly everywhere... See the paint, hear the splash.

5.

Continue linking each item to the next in a story. Just make sure that each link is really visual, unusual and memorable. Go wild – make it funny, surreal, even rude (ssh). Whatever works for you.

6.

Rehearse the whole story in your mind a couple of times.

7.



And off you go – you should be able to remember the whole list effortlessly. And even backwards... give it a try.

Memory Techniques— Remembering Numbers

Numbers can be hard to remember because they're abstract concepts, but there are several techniques that will make a big difference.

Chunking

Simple but effective. If you have a long number to remember, break it down into manageable pieces, no more than 2-4 digits long. So 3361986010 might become 336 1986 010 To make things even more memorable, look for patterns or associations within each chunk. E.g. 336 makes sense because $3+3=6$. 1986 is a date, what happened then that you remember? And 010 is nicely balanced. Or you could even make a % sign out of it.

Rhymes

•Radio stations and adverts often use this technique to drill their frequencies or phone numbers into your head. Create a catchy song or rhyme that involves the number you need. Here's a well known one: 'In 1492, Columbus sailed the ocean blue.'

The Peg System

This technique takes a little bit of work to begin with, but is a much more powerful technique. It involves combining numbers with images. Here's how to do it:

Decide on an image you're going to use for each number from 0 to 9. These images are based on the shape of the number – so there's a visual clue to help you remember them.

1.

Here are some examples you could use:

2.

- 1 = a pencil, or a sentry, or a magic wand
- 2 = a swan
- 3 = a fork
- 4 = a yacht
- 5 = a hook
- 6 = an elephant's trunk
- 7 = a cliff
- 8 = a snowman
- 9 = a balloon on a string



Take a few minutes to get the images lodged in your mind.

3.

Now, each time you have to remember a number, invent a story using the respective images. Say you want to remember the number 4489. You could dream up a story which starts with **two yachts (44)** ... then a huge **snowman (8)** comes along and jumps on them, blows up a **balloon on a string (9)** and floats off up to the skies. The more surreal the better – just make sure it all happens in the right sequence.

Memory Techniques—The Loci System (or taking a walk through your mind!)

Here's a simple but very effective way to memorise a number of items in order, without writing them down. The ancient Greeks invented this technique so they could remember their public speeches and it's officially known as the Loci System.

The idea:

All you need is a journey or a route you already know well. Then by mentally linking the items you want to remember to points along the route, you'll be able to recall them not just in the original order, but backwards too. Here's how to do it:

Step One

Decide on the route you're going to use. It should have as many stop-off points as there are items on your list. It could be a walk you take every day, or just a mental journey around your house, room by room. The key is you need to know it very well.

Step Two

What's your first landmark (or room)? Let's say it's your front door.

Step Three

What's the first item you'd like to remember? Let's say it's vegetarian sausages.

Step Four

Now – and here's the key – use your imagination to link an image of sausages, to your front door. You might think of the door as being totally covered in sausages, including the handle which squidges in your hand as you open the door Or perhaps there are giant sausages swinging from the ceiling that bash into you as you try to get out. Whatever image you choose make it UNFORGETTABLE. Crazy, action-packed and full of noise and maybe even smells.

Step Five

Now repeat Step Four for your next item, at the next location.

Step Six

And do this again and again until you've created images for everything on your list.

Step Seven

Now test yourself! Take yourself back to the beginning of your route and think of your first location: your front door. And what item do you see there? (Correct answer: sausages. Easy!)

Step Eight

Recall all your items in order ... and you'll never need a shopping list again.



Advantages of this system:

Even if you forget one of the items, you can skip onto the next one no problem.

Use this technique for:

- Remembering what to get at the shops.
- Memorising a to-do list you think up while you're on the running machine at the gym.
- Memorising key points you want to make when you're giving a talk or a presentation (the Ancient Greeks invented this system, and used it for exactly this).

Remembering lists for revision – for example the [abiotic factors](#) in biology that limit a species' success.

Transform your humble memory route into a 'Memory Palace' by progressively adding in more and more memorable landmarks along the way.

On Exam Day

- Working towards an exam is like being an elite athlete preparing for a top performance
- Be at your peak
- SLEEP
- Take physical exercise
- EAT quality food
-



Your brain weighs less than 3lbs but it consumes 20% of all the oxygen you take in and runs at a power rating of 10 watts. The energy that it burns accounts for nearly a third of all the heat given off by your body. Rest it and feed it !

- Get into a routine. Set your alarm clock giving yourself good time to get up.
- Eat breakfast— fuel that brain.
- Be positive—no negative thoughts allowed.
- Keep your head up and shoulders relaxed.
- Tell yourself that you can do it.
- Take on water—fuel the brain.
- Know your exam time beforehand.
- Know your exam venue beforehand.
- Know your seat beforehand.
- Get your exam equipment ready the night before.
- Keep focused.



Looking After Yourself

Understanding Stress



Stress can make your brain stop working.

Different things stress different people.

Stress can be positive—where you feel stretched and rise to the challenge.

OR negative, when your thinking brain closes.

Undress Stress

- Being in control reduces stress.
- Make a plan and stick to it.
- Establish a routine and stick to it.
- Eat properly.
- Get enough sleep.
- Take regular breaks as part of your plan.
- When on planned leisure forget work.
- When revising Subject 'A' forget Subject 'B', 'C' and 'D'.
- Build variety into your revision and beat boredom.
- Talk to people, talk to everyone. This is a natural way of relieving tension—don't bottle it all up.
- Don't worry what other people are doing - keep your eye on your future not theirs.
- Organise a stress free work zone where you can really focus on what you need to do and when you need to do it.

Symptoms of Stress

- Bad tempered/irritable
- Persistent headaches
- Persistent backache
- Lack of concentration (worse than normal !)
- Feelings of panic
- Feelings that you can't get your breath properly
- Feelings of unhappiness or despair
- Feelings of pointlessness
- Stomach ache
- Dizziness



You will probably experience some or all of these things over the revision period.

If they start to get in the way, seek help and tell somebody.

Negative stress stops learning and is unhealthy.

Stress Tip

Nearly every single symptom on this list is caused by disruption to your breathing patterns. If your brain takes in 20% of all oxygen you absorb, stress makes you breathe at only a fraction of your proper capacity—what effect is this going to have on the way you learn ?

Eat healthy, feel healthy

Fluids are important for your body, but do not overload on caffeine.

Caffeine can greatly exaggerate the feelings of stress. Drink de-caff.

Too much sugar will make you sleepy and make it harder to concentrate.

Cereals and fruit are better snacks while you are working. Avoid lots of sweets.

Stress Busting

Suggested Actions

- Share the problem/talk it out with someone else.
- Be active. Do something physical to take your mind off the problem. Feel good about being fit or try some relaxation classes.
- Be logical. Make a list of possibilities, consider all of the options. Nothing is as bad as it seems.
- Relax. Tighten your muscles and then drop your shoulders and let the tension go.
- Write about it. Seeing things on paper can make some fears look smaller than they seem in your head.
- Force yourself to delay worrying. Do something else for 15 minutes and then come back to the problem.

Positive Attitudes

- Think positively and don't think about the negative alternative- just don't think about it.
- Control it. Make yourself stop, pause, think and take a fresh look.
- What is the worst that could happen ?
- Imagine the worst possible scenario—is it really going to be like this ? Has it happened to anybody else you know personally ? If so, what was it ?
- Focus on something pleasant—try your own virtual reality experience. Where will you be spending the summer months ?
- See the funny side. Smile at everybody—they will smile back ! How does it make you feel ? Smile at yourself in the mirror !
- Imagine looking back at the problem a few years on from now. How important do you think it will be then ?
- Set some goals to get through it. Break the problem down. Tackle it one step at a time and keep thinking how good you will feel when the problem is behind you.
- You are NOT alone. This feeling is experienced by thousands of students every year. It is normal. You are not alone and very soon you will be through it.

And Finally.....

Be positive

Climbing the ladder to success is not meant to be easy

Exams are meant to challenge you

They are hard work

Exams need a great deal of prep work

You can do your best

You can focus on your own learning

You can avoid *distractions* from friends

You can use friends and family for *support*

You can plan

You can find your way of effectively revising

Keep saying it and you will believe it



Say no to:

I could have done better...

I am not very good at..

I can't do..

I haven't got time to...

I am too unintelligent to...

I never eat breakfast because..

I get too tired to...

I get really stressed out by exams..

I don't know how to do a revision timetable..

I don't know how to revise...

I can't do exams....

Keep saying it and you will believe it

Be proud of your achievements.

Take charge of your learning.

Be pro-active.

Believe in your success.

You CAN DO it !