



*Being Successful During the
Exam Season*



***Be kind to yourself and do the best
you can do!***



You are at a very stressful point in your teenage life. Does it feel like everything is hitting you all at once and you do not know how to manage this? You are not the only one and this is a completely normal feeling to have!!

You may not understand some things you are feeling. You may be very stressed about everything happening right now. Below are some signs to help you to recognise this:

- Feeling confused
- Not keeping in touch with your friends
- Feeling a sense of low mood
- Finding it difficult to make choices
- A sense of being overwhelmed
- Zero motivation
- Not sleeping
- Body feeling very tense and feeling sick
- Fidgety hands, nail biting or teeth grinding

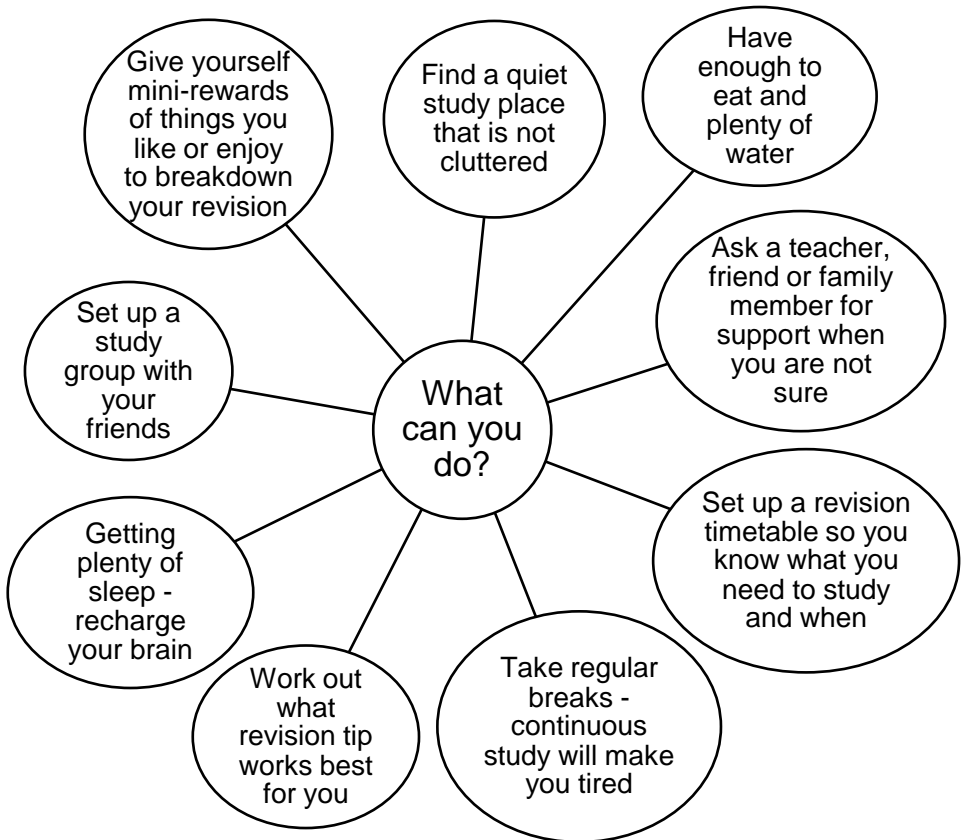
It is important that you understand why you might be feeling this way:

- Worry about failure
- Feeling unprepared
- Family pressures to succeed
- You feel in competition with others
- Pressure to get the right results
- Worry you haven't done enough revision



What to Do During Revision Time

*Below are a few helpful tips that might help you organise yourself during your revision and exam time. **They are NOT set rules for you to follow.** You need to work out what supports you best and once you find that, stick to it!*





THE NIGHT BEFORE YOUR EXAM

Organise what you need to take with you – pencil case etc

Self-care: Manage your stress, worry, anxiety with some deep breathing and relaxation. Take a bath to relax. Eat your favourite food.

Get 8-10 hours of sleep. Recharge your brain so it is ready to take on the exam.

THE MORNING OF YOUR EXAM

Eat a good breakfast to give yourself the energy you need to get through. Eggs and oranges are good brain food!

If you're prone to being nervous before your exam, practice keeping yourself calm with relaxation and breathing techniques

Talk to your peers about how you are feeling – they might be feeling something similar

Use the toilet before the exam starts

DURING YOUR EXAM

Calm yourself down at the start and throughout if you feel yourself starting to the panic or worry with deep breathing

Work out how long you have for each question or section

Find the key words and information in each question

Work on the questions you find easiest first

Aim to have time at the end to re-read through your answers – DO NOT worry if you have not got time for this

AFTER YOUR EXAM

Celebrate you made it through!!



Self-Care

Self-care is very important during stressful life periods – especially during exam time. Self-care is taking time to improve your health and look after yourself. This can be done by doing something as simple as eating your favourite food! Below are some examples of self-care and ways you can nurture yourself but have a think of things you enjoy and ways you can find time to do these more often!

- Getting enough sleep
- Take a long bath or a warm shower
- Listen to your favourite music
- Watch your favourite television show or movie
- Eat your favourite food and add in some healthy brain food too
- Exercise: Go on regular walks or even runs and breathe
- Reading, painting, drawing or other creative areas
- Talk to someone about how you are feeling – Do not hold it in!
- Try to have a break from your phone or tablet

Practice to relax and control our breathing is very important too:

Deep breathing – Breathe in for 5 seconds then breathe out for 5 seconds, repeat this until you feel calm again

3, 4, 5 breathing – Breathe in for 3 seconds, hold that breath for 4 seconds, breathe out for 5 seconds.



Useful links:

[Revision | On My Mind | Anna Freud Centre](#)

[Exam Stress | What is Exam Stress & How to Deal with it | Kids Helpline](#)

[Exam Stress | How To Deal with Exam Stress | YoungMinds](#)

[Exam Stress- How To Deal And Reduce Stress \(insightfulcounselling.com\)](#)