



Tips to manage exams

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I can't find the
motivation...

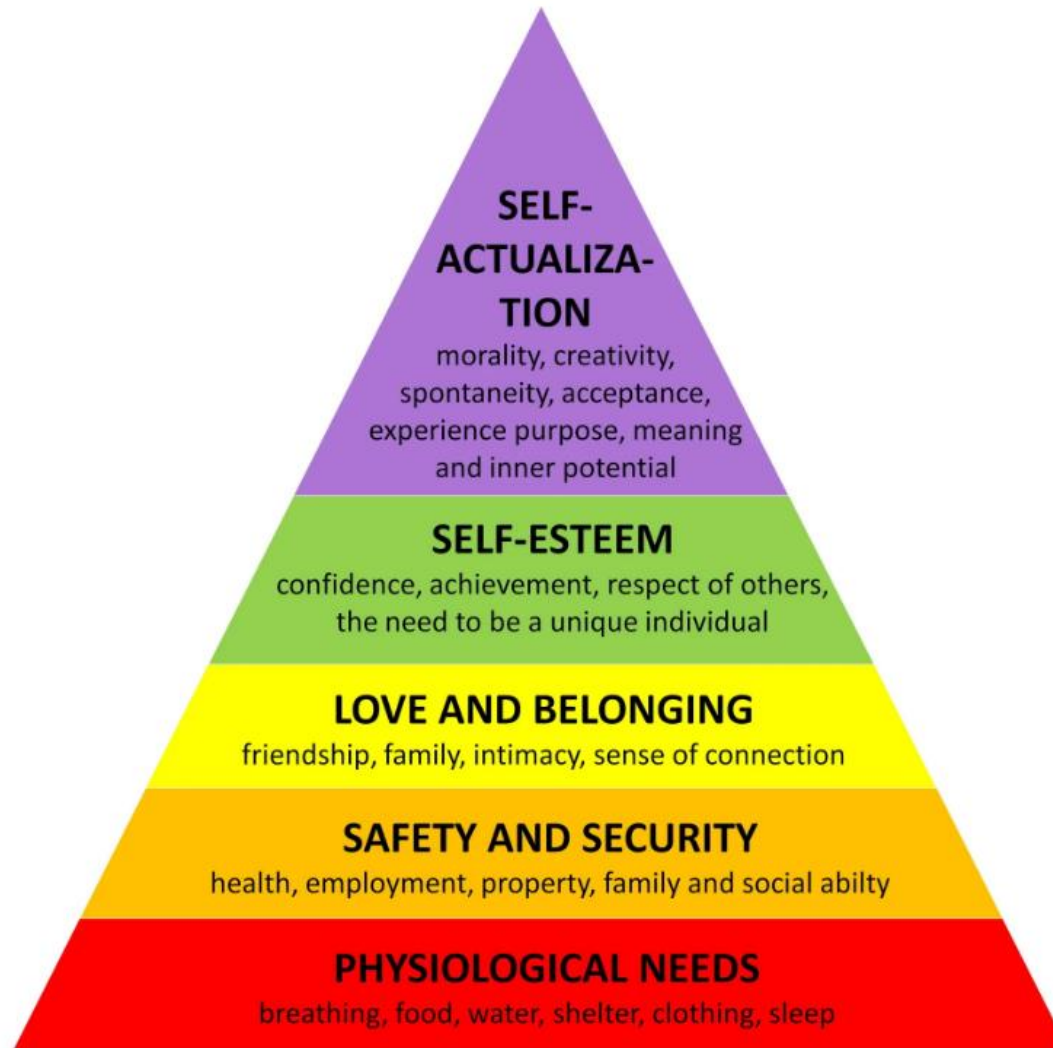
Revising is so boring,
I'm just going to
ignore it and hope it
goes away

I'm so nervous

I feel so panicky
about exams, I
can't concentrate!

I don't even know
where to begin!

Remember your needs



<https://www.simplypsychology.org/maslow.html>

The learning environment

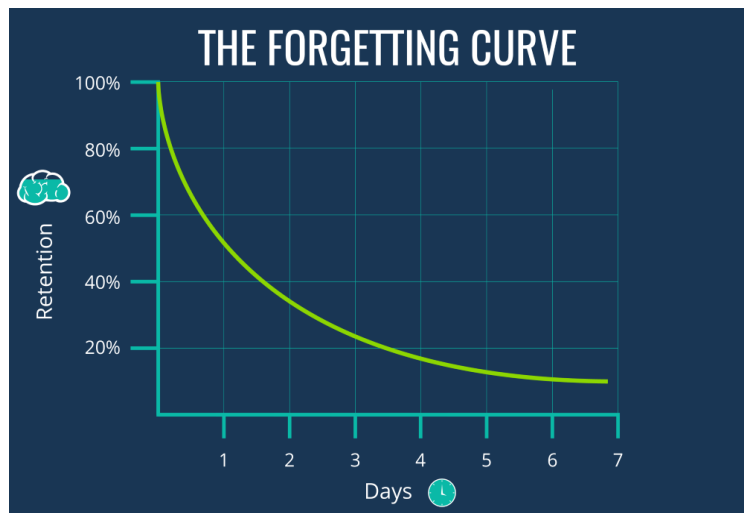


- Air quality, noise, healthy surroundings
- Displays (e.g. previous notes that have been successful)
- Storage
- Lighting
- Posture (e.g. ICT)
- Adequate resources
- Personal vs revision space
- Eliminate distractions

Structuring revision



Hermann Ebbinghaus found...



1. Memories weaken over time
2. We forget things quickly after learning
3. Learning must be meaningful for us to remember
4. Presentation affects recall
5. How you feel affects how well you remember

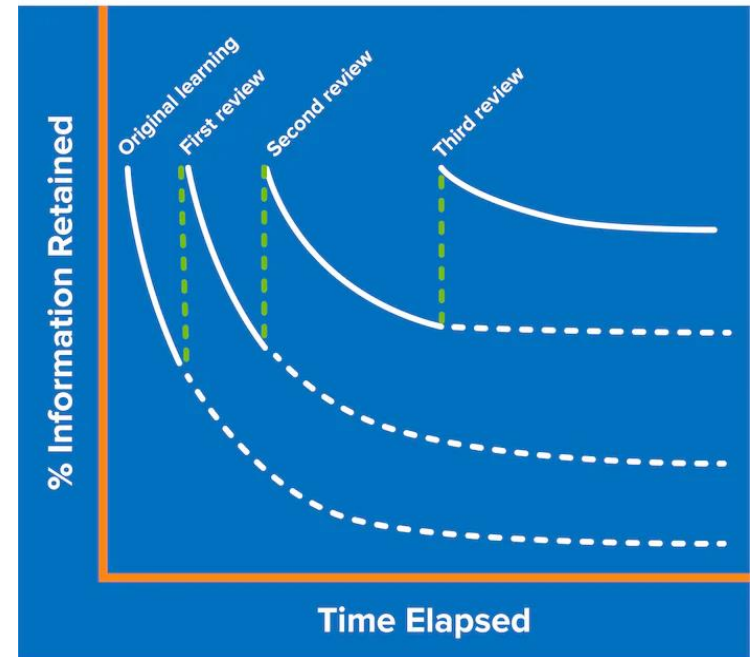
<https://www.psywww.com/intropsych/ch06-memory/ebbinghaus.html>

<https://elearningindustry.com/forgetting-curve-combat>

Structuring revision continued...



1. **Spaced sessions:** Plan short focused sessions interspersed with regular breaks.
2. **Overlearning:** Extra effort when learning helps you to remember for longer. Memory is boosted by each review session.
3. **Make it meaningful:** How will it help you? How can you apply it? More you know how it will benefit you, more likely you will prioritise it.
4. **Keep challenging your memory:** Test yourself and get others to quiz you too!



<https://www.mindtools.com/a9wjrw/ebbinghaus-forgetting-curve>

Top tips for effective revision

- Create a revision timetable & tick list for subjects/topics
- Set clear revision goals for each day/week
- Use colour coding, post-its, flashcards, posters, midmaps...
- Allocate time for hobbies & quality time where possible (outdoor space & daylight etc)
- Find a routine that works for **YOU**
- Rest or 'cheat' days

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY



Self-care



It is an investment in yourself. It will help to keep the motivation up.

It is easy to prioritise learning goals, but research shows that taking care of all your needs can improve performance and concentration and reduce anxiety.

You might want to try something that allows you to:

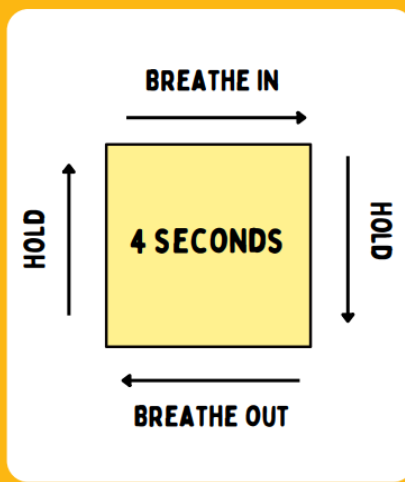
- Connect with other people
 - Be physically active
 - Learn new skills
 - Give to others
 - Be present, pay attention, be mindful
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Relaxation techniques: Calm Breathing

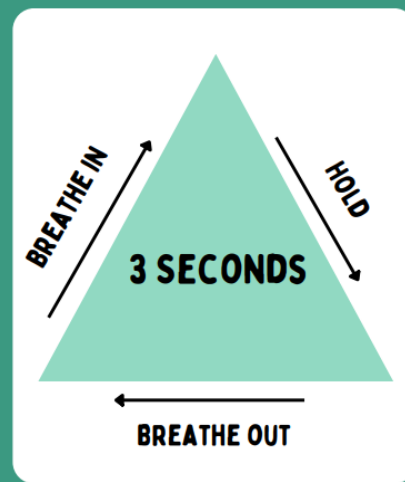


1. HOLD OUT YOUR HANDS LIKE YOU'RE HOLDING A MUG OF HOT CHOCOLATE
2. BREATHE IN SLOWLY THROUGH YOUR NOSE LIKE YOU'RE SMELLING THE HOT CHOCOLATE
3. BREATHE OUT SLOWLY THROUGH YOUR MOUTH LIKE YOU ARE TRYING TO COOL DOWN THE HOT CHOCOLATE
4. REPEAT

HOT CHOCOLATE BREATHING



BOX BREATHING



TRIANGLE BREATHING

Relaxation techniques: Grounding Techniques



 **5 - THINGS YOU CAN SEE**

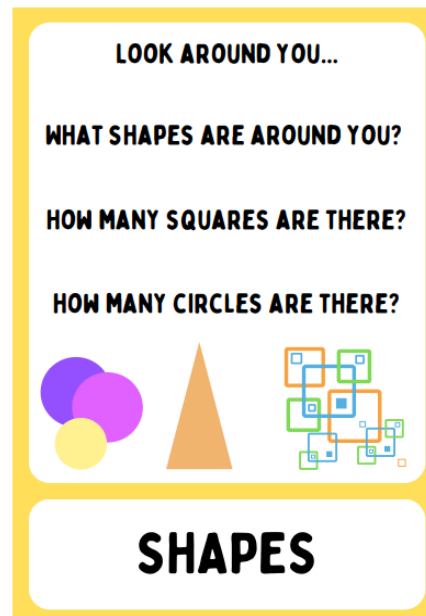
 **4 - THINGS YOU CAN FEEL**

 **3 - THINGS YOU CAN HEAR**

 **2 - THINGS YOU CAN SMELL**

 **1 - THING YOU CAN TASTE**

5,4,3,2,1




LOOK AROUND YOU...

WHAT SHAPES ARE AROUND YOU?

HOW MANY SQUARES ARE THERE?

HOW MANY CIRCLES ARE THERE?



SHAPES



WHAT COLOURS ARE AROUND YOU?

HOW MANY: BLUES, YELLOWS, REDS, GREENS ARE THERE?











COLOURS

Relaxation techniques:

Progressive muscle relaxation



	Take three deep breaths
	Squeeze your foot for 5 seconds. Relax.
	Squeeze your leg for 5 seconds. Relax.
	Squeeze your stomach for 5 seconds. Relax.
	Shrug your shoulders for 5 seconds. Relax.
	Squeeze your arm & hand for 5 seconds. Relax.
	Squeeze your whole body for 5 seconds. Relax.
	Take three deep breaths

I CAN GET THROUGH
THIS. I'VE DONE IT
BEFORE.

THERE'S NO PROOF
THAT WHAT I THINK WILL
ACTUALLY HAPPEN

FEELINGS COME AND
GO. THIS WON'T LAST
FOREVER.

THINK ABOUT THE
THINGS THAT MAKE ME
FEEL HAPPY AND SAFE

WHAT DID I DO TO CALM
DOWN LAST TIME? LET
ME TRY THAT

EVERYONE MAKES
MISTAKES. IT'S REALLY
NO BIG DEAL!

WHAT'S YOUR POSITIVE SELF TALK?

POSITIVE SELF TALK

Other places for support



Search 'Tellmi' in the App Store or Google Play store and download



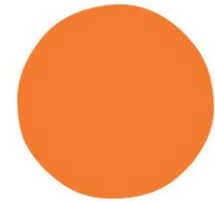
www.annafreud.org



www.samaritans.org

YOUNGMINDS

www.youngminds.org.uk



www.headspace.com

More info about MHST: www.brighterfuturesforchildren.org/MHST

Contact us at: MHST@brighterfuturesforchildren.org

brighterfuturesforchildren.org



Thank you for listening

www.brighterfuturesforchildren.org/young-people-zone