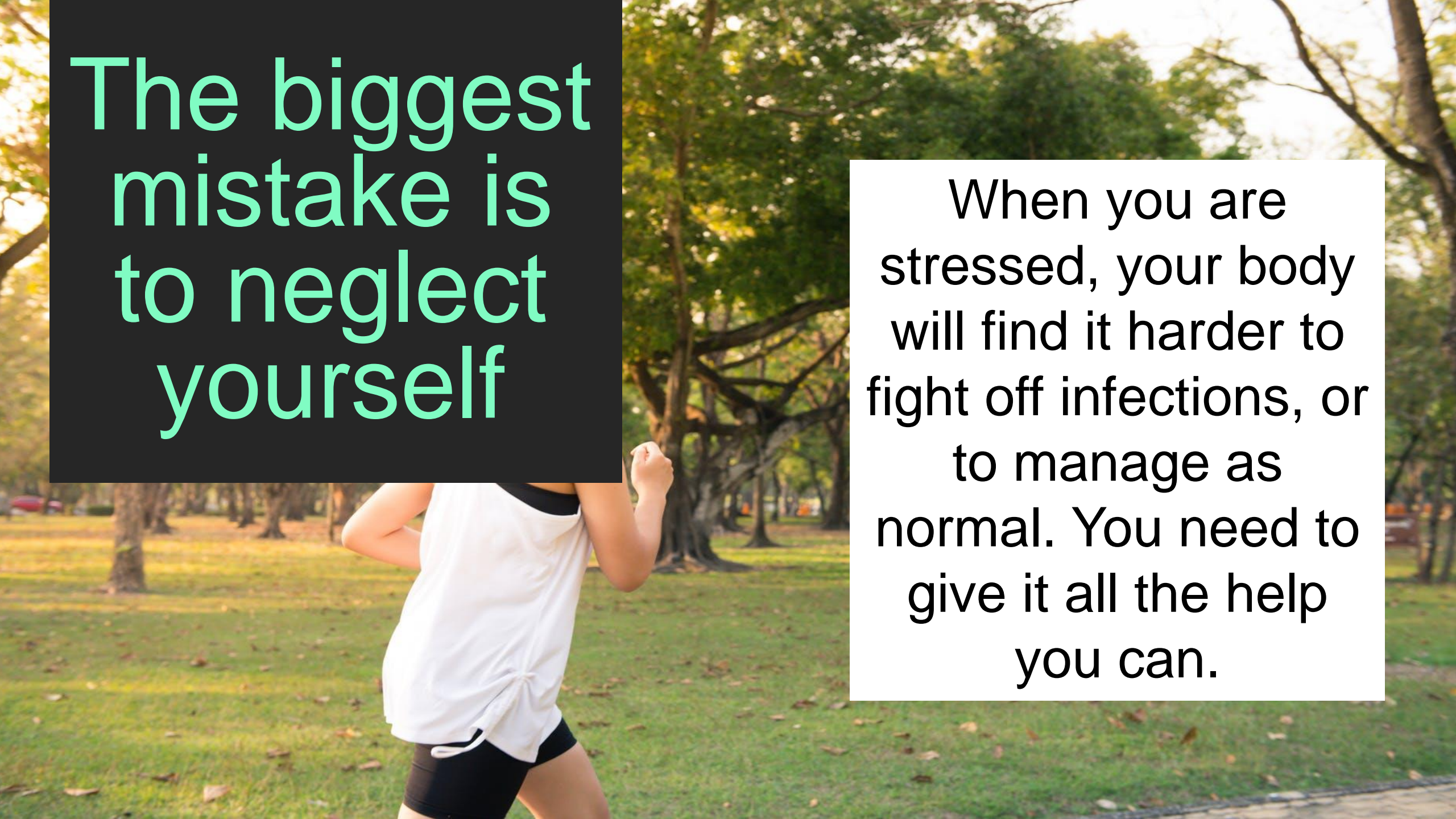


Handling the exam period



You are
about to go
into an
intense few
weeks...



A person is running in a park, seen from behind. They are wearing a white tank top and black shorts. The background is filled with green trees and a grassy area. The lighting suggests it might be late afternoon or early morning.

The biggest
mistake is
to neglect
yourself

When you are stressed, your body will find it harder to fight off infections, or to manage as normal. You need to give it all the help you can.

How can
you be at
your best?



Keep it REAL

Relaxation

Energy

Attitude

Learning

Relaxation

Sleep
Fun

Energy

Nutrition
Keeping active

Attitude

Motivation
Keeping perspective

Learning

Planning time
Keeping calm

Keeping it REAL

- Relaxation techniques can reduce anxiety.
- Make sure you find time to relax each week.
- Practice short relaxation exercises daily.



Relaxation

Sleep
Fun



The Power of Rest

- Regeneration of our bodies.
- Required for life.
- Helps us survive.
- Renew and restore cells.
- Keeps us functioning well.
- Rebuild and revive ourselves.
- Productivity and concentration.
- Efficiency at school or work.
- For growth and development.
- To replenish our muscles, bones, tissues and cells.



Resting is awesome!



How could you relax?

- Try doing some deep breathing.
- Use self-talk and affirmations.
- Be around friends or family.
- Listen to music.
- Get some fresh air.
- Have a bath.
- Try yoga or exercise.



On the day of exams

- Keep calm.
- Remember your breathing exercises.
- Try doing 5-10 mins of stretching or exercise.
- Drink plenty of water and avoid caffeine.
- Listen to calming music.
- Avoid stressed situations.
- Picture yourself coping in the exam.



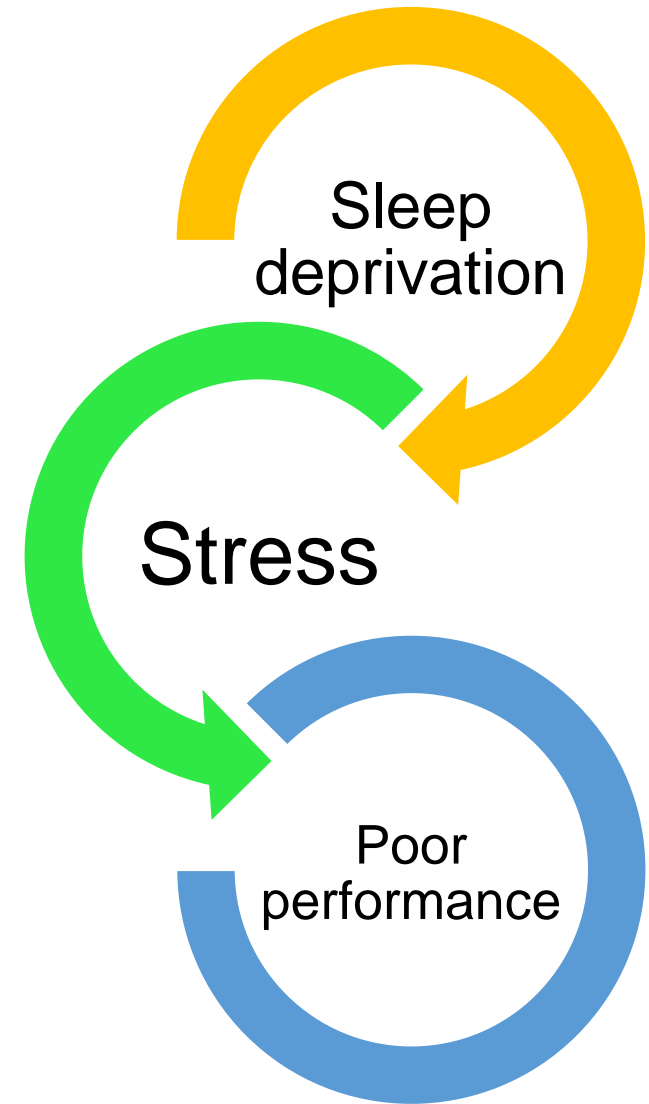
Lack of sleep leads to...

- Reduced decision-making skills.
- Poorer memory.
- Reduced concentration.
- Reduced work efficiency.
- Shortened attention span.
- Increased risk for weight gain, depression, diabetes and cardiovascular disease.
- Reduced alertness.
- Poorer judgement.
- Reduced awareness of the environment and situation.
- Slower than normal reaction time.



Get a good sleep routine

- ✓ You need 8½ to 9 hours sleep per night.
- ✓ Have a relaxing evening routine.
- ✓ Get to bed at a reasonable time.
- ✓ Switch off from your phone at least an hour before you sleep.



Have fun!

It is important to take a break from revision and do something you enjoy. Could you build in any of the following to your week?

- A walk for some fresh air.
- Seeing friends.
- Watching a film/cinema.
- Going out for food.
- Listening to music.
- Playing sport.
- Going shopping.



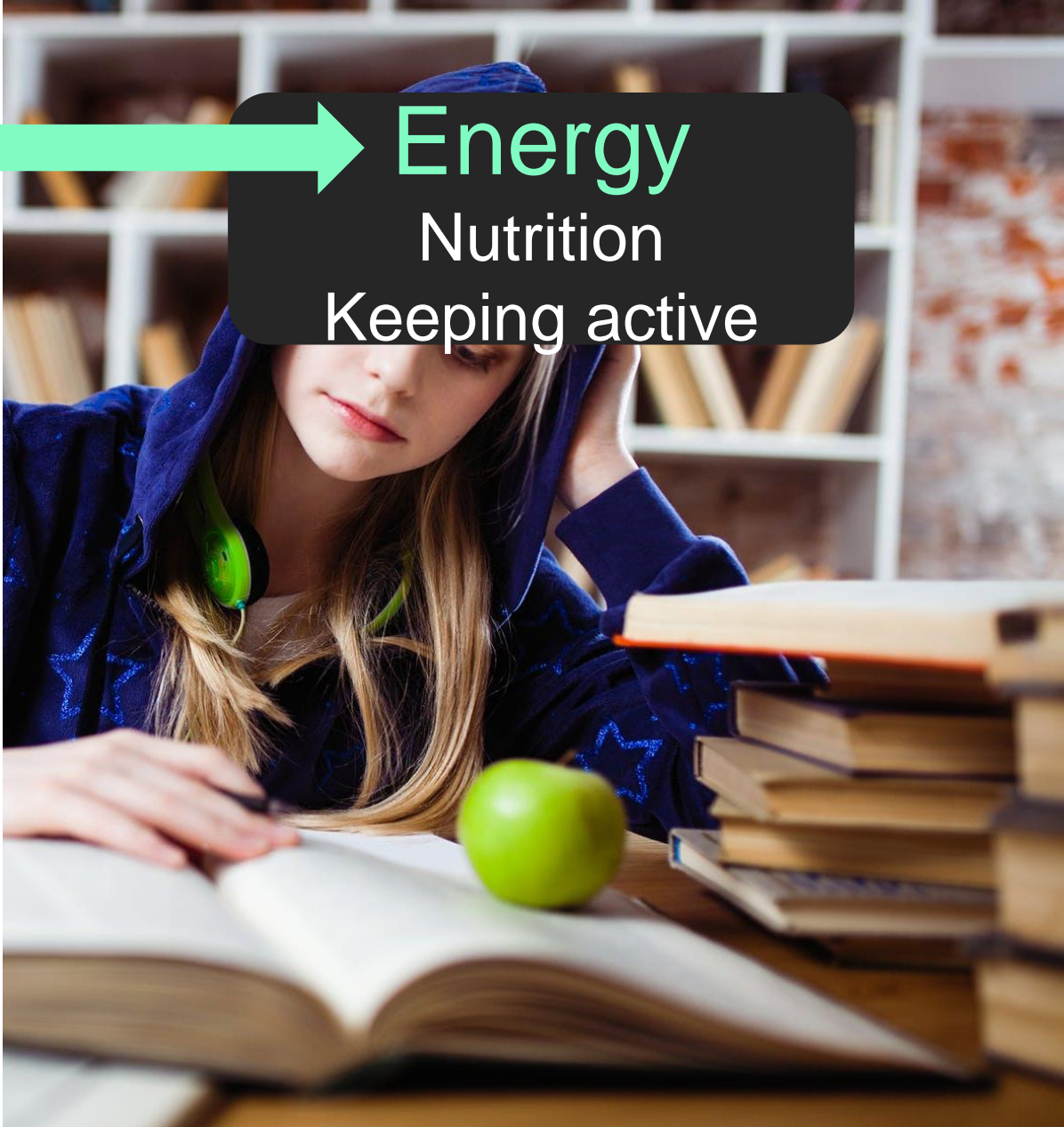
Have fun!

- It doesn't matter what you do as long as you do something you enjoy and it makes you happy!
- This will help keep your mind healthy, feel relaxed and give yourself some much needed time out.



Keeping it REAL

- We all have our natural energy levels.
- There are times when you are 'on fire' – a good time to tackle difficult tasks.
- There are times when you are lethargic – a good time to take a break or do a different task.



Energy
Nutrition
Keeping active

Energy levels

- Your brain uses up more glucose than any other bodily activity.
- Typically you will have spent most of it after 45-90 minutes.
- So take a break: Get up, go for a walk, have a snack, do something completely different to recharge.



**PRODUCTIVE PEOPLE
WORK SMARTER, NOT
HARDER.**

Keep yourself active

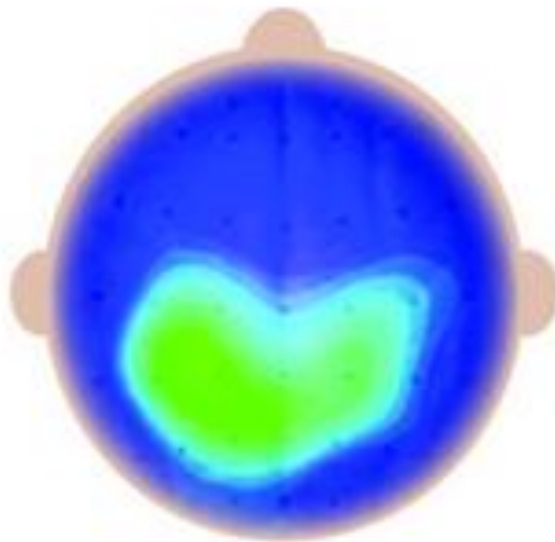
- It boosts your memory.
- It improves your concentration.
- It helps reduce stress.
- It lengthens attention span.
- Even 10-20 mins can help!

Your brain functions well after exercise so try carrying out some revision afterwards.

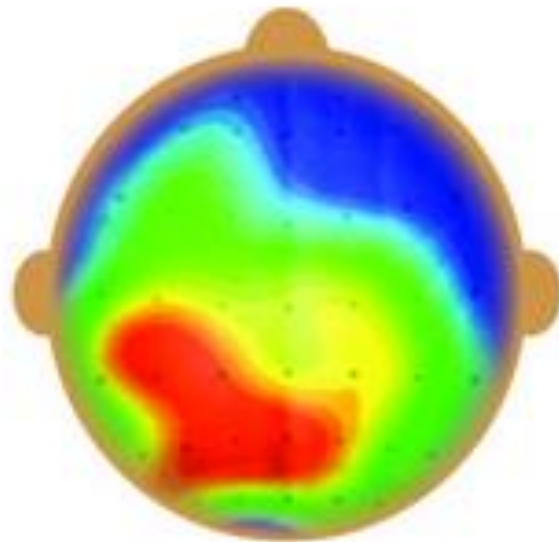


Physically active students have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



after 20 minutes of
sitting quietly



after 20 minutes of
walking



Red areas are very active.

Blue areas are least active.

Exam fuel

This is tempting!!

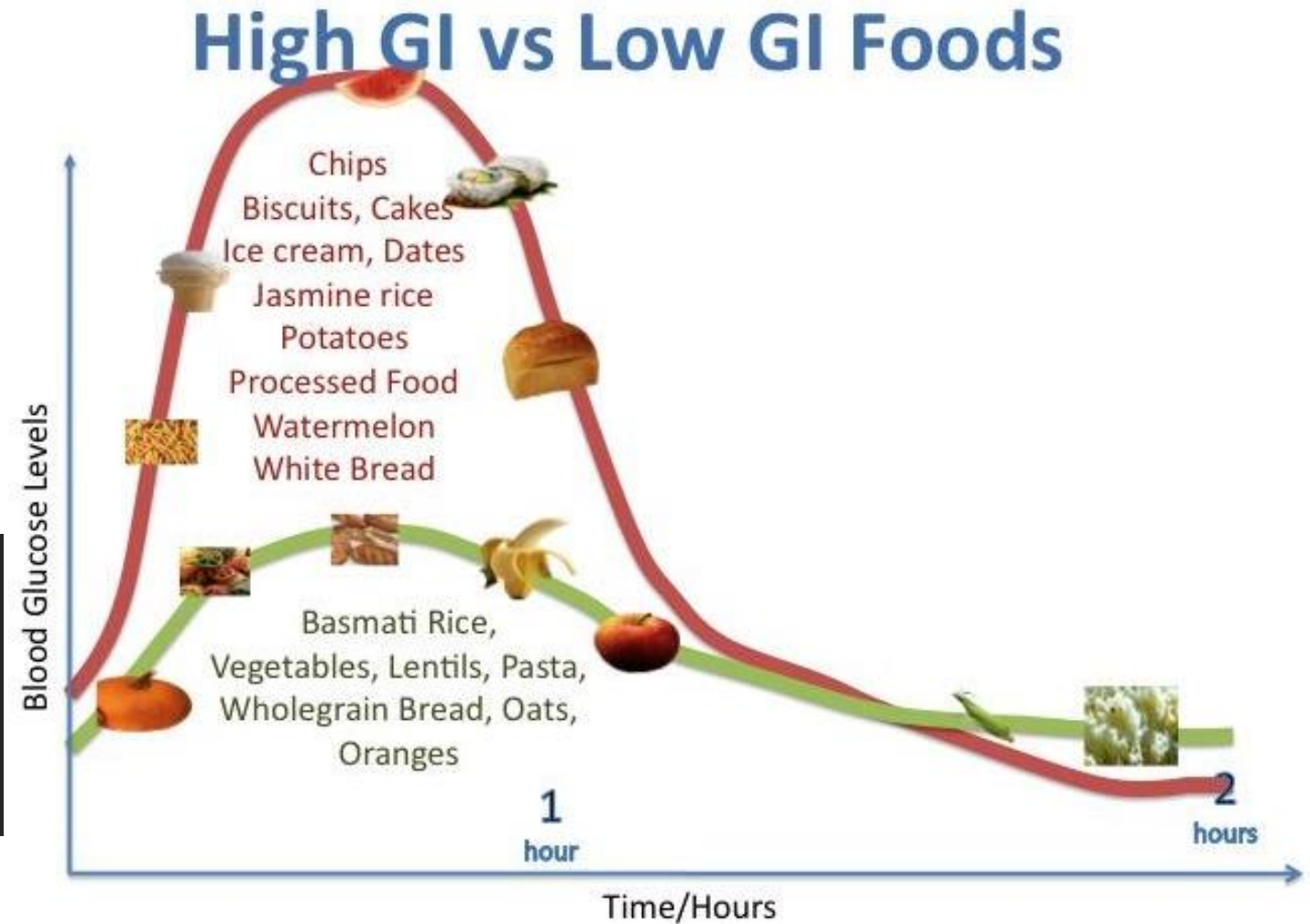
BUT someone with a healthy balanced diet is less likely to be stressed.



Exam fuel

These foods will give you energy spikes and then you will crash.

These foods will give you sustained energy over a longer period of time.



Exam fuel

- ✓ Pre plan your meals and snacks during your exams.
- ✓ Give your brains and bodies the best possible fuel for maximum efficiency and the greatest success.

MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

Green vegetables
Nuts
Pulses
Fish
Bananas

UP THE B'S

B vitamins are directly involved in creating energy at a cellular level and will give you an energy boost

Green vegetables
Asparagus/Spinach
Broccoli
Yoghurt
Chicken/Turkey/Salmon
Whole Grains/Brown rice
Almonds/Pecans
Eggs

DEHYDRATION CAUSES HEADACHES AND TIREDNESS, AND CAN HINDER YOUR MENTAL PERFORMANCE AT SCHOOL.

Keeping it REAL



Attitude

Motivation

Keeping perspective

If you have a positive attitude towards your exams, you increase your chances of performing well.

I FEEL
LIKE
MAKIN'
DREAMS
COME
TRUE

Think about these...

- Exams hold no fear for me.
- I prefer exams to other forms of assessment.
- I see exams as a constructive part of my learning.
- Exams are a difficult but necessary hurdle to getting my degree.
- Exams are pointless and painful.
- Other people find exams really easy. I don't.
- I dread taking exams.

If your answers are in the top of the list you have a positive attitude towards exams.

Keeping motivated

Everyone struggles to stay motivated every now and then.

Remember that revising is hard and it will take you out of your comfort zone.



Top tips to stay motivated

- **Focus on the end outcome.**
- Read **positive quotes** or watch motivational videos.
- **Reward yourself** for completing tasks.
- Get the **balance right** – be sensible with the amount of revision you are doing and time out for you.
- Think about your **previous successes** from the past – how they made you feel and what you did to achieve them.

Keeping perspective

- Try not to despair during the exam period.
- It will increase your anxiety and stress.
- Focus on what you can do!



Keeping perspective

- Remember, no matter how the exams go you always have options.
- If you feel yourself getting overwhelmed make sure to talk to someone: friends, family, a teacher.
- You're not going through this experience alone.
- Remember, exams are time limited, there is an end in sight!



Keeping it REAL

Learning

Planning time
Keeping calm

- If you are organised you will less likely suffer from stress.
- Learn from your past experiences and create a routine that works for you.
- If you miss a revision session then don't panic just try to catch up.



Planning is key to success

- You need to keep refreshing your memory of what you've learned.
- Map out a plan each week.
- Find a calm place to work.
- Take regular breaks.
- Find out when and where your exams are.
- Prioritise which subjects need attention first.
- Set yourself mini goals to achieve.



Finally... KEEP CALM

- DO establish a routine and stick to it.
- DO eat proper meals and sleep well - keep to your work plan.
- DO get plenty of exercise. If you are fit, your mind will be more alert and revision will be just that little bit easier.
- DO start revising as early as possible. Give yourself a head start.
- DO take regular breaks when revising – the result is less stress.



Finally... KEEP CALM

- DO build in variety – beat the boredom factor this way.
- DO see people – make sure that you see friends regularly, enjoy yourself and get right away from work!
- DO your best. Decide what works for you and stick to it. If others are panicking keep away from them.
- DO relax regularly. Make sure you still have plenty of fun.



How are you
going to keep
it REAL?

