

A little help with...

EXAM STRESS & STUDY TIPS

Are you tired of revising without remembering anything you studied?

Here are some ideas to help

Revising tip 1: Flashcards

When revising many people prefer to use flash cards as you can take them anywhere and still be able to revise. Flash cards are considered as efficient because you can put a topic and then the explanation in such a concise way, making it easier for you to learn.

Revision tip 2: Mind maps/spider diagrams

Spider diagrams are a way of explaining your ideas on a piece of paper. Drawing out your ideas in your head allows you to understand the aspects of learning that you may still need to develop in.

Revision tip 3: Interventions/Homework Clubs

Homework/intervention groups are designed to improve student's understanding in subject and areas and learning. This is a good idea to consider because you have a qualified teacher to assist you with your homework/learning.

Timetable/ Schedule

Revision tip 4:
Revision apps/websites



Having a spreadsheet or an app on your phone can help you with revision. Talking to teachers and asking them for help or support is another way of doing things if making a schedule is too much stress.

Time	mon 20	Tue 21	wed 22	thur 23	fri 24	Sat 25
8:30-10		coffee/tea	coffee/tea	coffee/tea	coffee/tea	coffee/tea
10-11		textile sensor intro	patch-kucha arduino/progr intro	patternmaking & circuit integration	project working time	finishing touches
11-12						
12-13		lunch	lunch	lunch	lunch	lunch
13-14						
14-15	welcome		handcraft connections			present feedback
15-16	meet the materials	textile sensor explorations	DIY circuits circuit layout/design	project intro / project begin	project working time	good bye
16-17						
17-18					dinner	
18-19						
19-20				shoptalk event	dinner	
20-21				shoptalk event		
21-22				shoptalk event		
22-23				shoptalk event	project working time	
23-00						
00-01						

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1						
2						
3						
4						
5						
6						
7						
8						

Other things that you can do to help relieve stress....



**IMPROVE
YOUR DIET**



**PHYSICAL
ACTIVITY**



SLEEP



**TIME AWAY FROM
SOCIAL MEDIA**



**BE
PROACTIVE**



TALK

**ENJOY
YOURSELF
AND SMILE!**



Questions for reflection



What method of revision do you think is most effective for you?

Which of these methods would you be most likely to use in your own revision at home or in school?

Where do you like to do your revision and why?



Student Quotes:

“Ever since i got into secondary school, my mental health has been affected because of all the pressure of so much homework.”

-Year 7 student

“My mental health has been severely affected because all of my exams are coming up and I do not want to fail, so the pressure just keeps building up.”

-Year 11 student

“I have anxiety, so performing in front of large crowds is my weakness. Ever since I started attending school here ilhave had to do plenty of public speaking which has really helped me.”

-Year 8 students