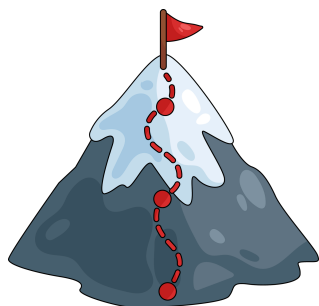


# Managing exam stress

Getting through exam season can feel a lot like climbing a mountain! We can't climb mountains without preparation and exams are the same. This resource will guide you through the process for preparing for exams and setting you up for success.



## Map out your route

Break down your revision into chunks (subject/topic) and make a plan of how to approach it. This could be making a timetable if you prefer more structure or just having a list of topics that you gradually tick off.

What approach will you take to planning your exam season?

## Don't climb mountains alone!

Make use of other people's help, whether that's teachers, family or friends. Teachers can give you advice on how to revise and family can give you reminders and encouragement. It can also be helpful to study with friends.



Who can support you and in what ways?



## Stock up on supplies

- Water - it might be tempting to rely on caffeine/energy drinks but drinking water regularly helps your brain much more!
- Snacks - healthy snacks like fruit and nuts can help fuel our brain for learning, and sugary snacks (in moderation) can give us a dopamine boost as motivation or a reward.
- Revision materials - using flashcards or highlighters can help information to stick in our brain better.

What supplies do you need to get?

## Pace yourself

Exams are a marathon, not a sprint so it is important to manage your pace. Take regular breaks from revision so you don't get burnt out and make time for fun activities and social time.



What will you do in your breaks?



## Enjoy the view!

It is common to continue thinking about exams afterwards and worrying about results. Try to take time to celebrate the journey you have completed and how hard you have worked. Enjoy the freedom of not having any more studying to do for a while!

How will you celebrate when you finish?