

Quick top tips to ease the stress of exam ...

- **Be positive about your exams.** Even if you are feeling terrified, be confident. If you can channel that adrenaline into confidence it will help to focus your mind and set you up to **ACHIEVE!**
- **Eat well** – your body is a machine, give it good fuel not junk food!
- **Sleep** – take time before you go to sleep to relax, last minute cramming under the duvet won't help
- **Exercise** – build it into your revision timetable and you will feel the benefits both mentally and physically
- **Learn relaxation techniques** – see leaflet on how to Improve Your Well-Being for some relaxation techniques
- **Talk to someone** – if you are feeling stressed get it off your chest and talk to someone.

For more help with exam stress try these websites:

- www.thecalmzone.net
- www.youngminds.org.uk/
- www.nhs.uk
- www.childline.org.uk

For help with stress and anxiety:

- youth.anxietybc.com/
- www.lltff.com/

Support at College

College Counselling Service

Telephone / Text

Broomfield Hall and Ilkeston: **07799 837 934**

or

Joseph Wright Centre and The Roundhouse (including Johnson and Hudson): **07870 160 322**

Or make an appointment using MyDay: Click on the Counselling Service tab on the top menu bar; Contact Us; complete the self-referral form shown

Inclusion and Support Services

Tel: 0300 123 7890 ext. 1208

Intervention Support Team

interventionsupportteam@derby-college.ac.uk

Tel: 01332 836613

Mental Health Champion – **Tel: 07772 817726**

Mental Health First Aiders

mentalhealthfirstaiders@derby-college.ac.uk

Local organisations

Derbyshire Mind – **Tel: 01332 345966**

CAMHS (Child and Adolescent Mental Health Services)

Derby – **Tel: 01332 623726**

Amber Valley – **Tel: 01773 880554**

Erewash – **Tel: 0115 946 4568**

Derbyshire Early Intervention Service – **Tel: 01332 547169**

First Steps (Eating Disorders) – **Tel: 01332 367571**

Connexions – **Tel: 01332 200033**

Useful national organisations

Samaritans – **Tel: 08457 909 090**

Childline – **Tel: 0800 11 11**

NHS – **Tel: 111**

Looking after your Mental Health at College

Coping with exams



A mild degree of stress can be a good thing ...

The adrenaline released when we are mildly stressed helps give us the energy to cope with the task at hand and gives us a heightened ability to focus our minds. We can channel the adrenaline caused by exam stress to actually help us perform better in our exams.

The trick is to ensure the stress levels are kept to a healthy minimum to ensure they do not overwhelm.

This leaflet is aimed to help you cope with exams and stress, and it's important that you recognise the signs of stress.

If these signs continue for more than 2 weeks talk to someone such as one of the Support teams at college or your parents, and if symptoms persist you should see your GP.

Signs of prolonged stress can include:

- Difficulty getting to sleep or waking up in the morning
- Constantly feeling tired
- Forgetfulness
- Unexplained aches and pains
- Poor appetite
- Loss of interest in activities you usually enjoy
- Increased anxiety and irritability
- Increased heart rate
- Migraines and headaches
- Blurred vision
- Dizziness

Here are some tried and tested strategies to help reduce the stress of exams:

PLANNING – Get Organised

- Find out early when your exams/assessments are taking place and create a timetable for these.
- Make sure you know what is involved in each exam/assessment - is it a reading or a writing paper?
- Create a revision timetable tailored to your exam timetable to ensure you are revising the right subjects at the right time.

REVISION – Start Early

- Make a list of all of things that you need to revise and then rate your understanding of each on a ten point scale so that you know which areas to focus on more heavily.
- Create bullet point lists of the important facts and figures you are going to need to know.
- Remember to revise in short; sharp bursts instead of over long periods of time.
- Attend as many revision sessions as possible that will be provided by your teachers.
- Do as many past papers as possible and have a look at the mark schemes afterwards to see what you have got right and what you need to work to improve.
- Revise materials from a range of sources to keep it interesting.

THE EXAM ITSELF

- Get a good night's sleep
- Eat at least an hour before the exam this will ensure you have the required energy to be able to focus.
- Make sure you know exactly where you have to go for your exam and give yourself plenty of time to get there. Make sure you arrive EARLY!

- Have you got everything? Before leaving for your exam, check what is needed and ensure you have it all.
- Read the instructions carefully at least twice to ensure you know exactly what you have to do and read each question at least twice. The most common mistake students make in exams is not reading the question properly.
- Plan your time well and use it all. Look at each question in the paper and plan how long you are going to need to spend on each. Keep a keen eye on the time.
- Check your answers. Make sure you allow time during your exam to check back through your answers.

ASK – If you need help

Speak to staff at the college for any help that you might need with revision tips or help understanding the demands of the exam.

If you know that you tend to panic when you get in to the exam and this causes you to do less well than you know you are capable of; speak to a member of staff who can help you to work through some relaxation techniques.

And finally ... relax and reward yourself

Following your exams make sure you spend some time relaxing to let your body and brain re-boot. Spend some time doing something you enjoy and once your exams are completely finished ... don't forget to **CELEBRATE!**