

Useful Websites:

<http://www.openmindscalderdale.org.uk/>

<https://www.mentalhealth.org.uk/>

<https://www.kooth.com/>

<https://www.childline.org.uk/>

<https://revisionworld.com/gcse-revision>

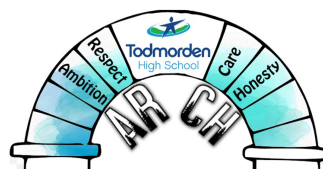
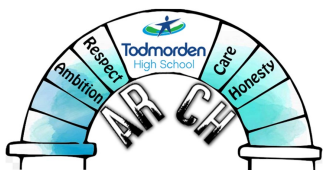
<https://studywise.co.uk/gcse-revision/>

<https://www.s-cool.co.uk/gcse>

<https://www.bbc.co.uk/bitesize/levels/z98jmp3>

<https://www.educationalappstore.com/best-apps/best-5-revision-apps>

<https://www.revisionbuddies.com/>

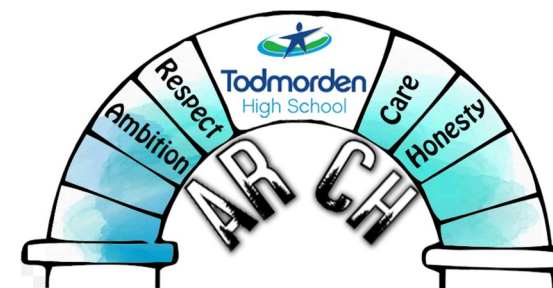


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Top Tips to beat stress as you work towards your exams...

You next year...!



Ambition, Respect, Care, Honesty

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Here are 7 tips to help you get your work done:

1. Make a plan: Write down what homework or revision you need to do in a week as well as all of the other things you do every day – like spending time with friends or tidying up. You can then make a plan of what you need to do and when. Use BBC Bitesize's revision planner to help you get started and keep it going using the mood journal.

2. Do a bit at a time: Take regular breaks to help you focus, for example you could work for 30 minutes and then take 10 minutes to do something else. Make sure you take time to eat healthily and exercise.

3. Use revision tools: Try using tools such as GCSE mind maps to help understand course content. You could also try writing things you want to remember on post-it notes and stick them on things where you live, like a door, wall or fridge, so you'll see them every time you walk past.

4. Remove the distractions: Put your phone somewhere else and make sure the TV is off so that you're not tempted to do something else when you're doing homework or revision.

5. Think about what's helped before: If you've taken exams before, write down what helped you revise and what you found difficult. For each thing you found difficult, try and think of what you could do differently or get advice from the message boards.

6. Change your plans when you need to: It's normal for things to get in the way of your plans to work. You might have a family event or an emergency. Even if you can't keep to a plan exactly, do as much of it as you can.

7. Ask for help if you're struggling: It can be tough trying to catch up when you feel like you're falling behind. Asking for help at school or from an adult you trust means that they can be there to give you support.

The night before an exam:

Go to bed early: Getting a good night's sleep will help you more than trying to revise all night. It's better to make sure you're not tired the next day.

Look after yourself: Have a good, healthy meal and drink lots of water so you don't get dehydrated or have a headache when you wake up.

Re-read your notes: Don't try and remember everything. Write down 5 things you want to remember for your exam and then leave it at that.

Have a laugh: Chat to someone who makes you giggle. Watch funny clips on YouTube. Whatever it is, it's important to laugh. It can loosen you up and make you feel a little less stressed. Which can only be a good thing!

Know the details: Find out where the exam is and what time it starts. Make sure you know how to get there and what time you need to leave.

Set an alarm: Make sure you wake up in good time in the morning.

The day of an exam:

This can seem like a nervous day. But the golden rule? Stay positive. All you can do is try your best. So try not to stress. Try these tips to help you on the day of an exam:

Take deep breaths: This can help you stay calm. Breathe in through your nose and out through your mouth.

Eat a good breakfast: Before you leave home make sure that you've eaten a healthy breakfast to keep you energised.

Don't be late: Give yourself plenty of time to get to the exam. It's better to be early than late.

Make sure you have what you need: Take extra pens and pencils with you. Is there anything else you need? Like a calculator, or a compass?

Stay hydrated: Bring a bottle of water with you that you can take into the exam room.

Do what's right for you: You might want to be on your own. You might want to be with a group of friends. You might want to stick some of your favourite music on your headphones. Everyone has their own way of preparing. So think about what yours is.

And remember: **be positive!**



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