

EXAM SEASON HACKS

FOCUS ON YOU

Focus on your own learning and revision. Try to avoid comparing yourself to your friends or classmates.

REMEMBER, WE ALL LEARN DIFFERENTLY



PREPARATION IS KEY

Make a realistic revision timetable. Everyone approaches revision in a different way so make sure you've chosen the method that works best for you.

Try to keep your phone in a different room whilst you are revising to avoid unconscious scrolling or distraction from notifications.

Plan breaks and treats into your revision schedule in order to reward yourself.

Find a revision space that works for you. Try to avoid using your bed, as comfy as it may be!

GET ENOUGH SLEEP

Create a positive bed time routine and ideally get eight or more hours of sleep each night. Try to put your phone away at least one hour before going to bed.

FUEL YOURSELF

Hydration and a balanced diet will aid your concentration. Our brains need food and water to help them to focus. Whole foods and water are the best fuel for us but balance and moderation is key.



KEEP IT IN PERSPECTIVE

Remember that there is life after exams. Things might seem intense right now, but it won't last forever.

There will be a point when the exams are over, so working hard for a short time will pay off when you get your results and feel that achievement.

AFTER THE EXAM

As tempting as it may be, try to avoid dissecting the exam questions with friends or through social media. It doesn't matter what others wrote as it's too late to go back and change your answers. Put it behind you – the best thing to do is focus on the next exam.

TALK TO SOMEONE

If things are feeling overwhelming or you need support, reach out and talk to someone.

You may feel that you need help from a trusted adult. That could be someone at home, a member of school staff, social worker or a helpline. Text 'SHOUT' to 85258. Shout is a free, confidential and 24/7 text messaging service for anyone in the UK who needs support.

Exams are important, but they do not define you