

TEENAGE PRESSURE AND EXAM STRESS: AN INFORMATION EVENING FOR PARENTS AND CARERS



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- 1. Help your child beat exam stress**
- 2. Mindfulness**
- 3. How to revise effectively**
- 4. Arrangements for Y11 / Y13 examinations**

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Help your child beat exam stress

Shrutee Desai

Watch for signs of stress

Young people who experience stress may:

- worry a lot
- feel tense
- get lots of headaches and stomach pains
- not sleep well
- be irritable
- lose interest in food or eat more than normal
- not enjoy activities they previously enjoyed
- seem negative and low in their mood
- seem hopeless about the future

Having someone to talk to about their work can help

Make sure your child eats well

- A balanced diet is vital for your child's health, and can help them to feel well during exam periods.
- Too many high-fat, high-sugar and high-caffeine foods and drinks (such as cola, sweets, chocolate, burgers and chips) make children hyperactive, irritable and moody.
- Where possible involve your child in shopping for food and encourage them to choose some healthy snacks.



Help your child get enough sleep

- Good sleep will improve thinking and concentration. Most teenagers need between 8 and 10 hours sleep a night.
- Allow half an hour or so for kids to wind down between studying, watching TV or using a computer and going to bed to help them get a good night's sleep.
- Cramming all night before an exam is usually a bad idea. Sleep will benefit your child far more than a few hours of panicky last-minute study.



A few questions...

1. Do you sleep in the same room as your phone?
2. Do you pick up your phone as soon as a message comes through?
3. Does your phone sit on the table while you do your work / home work?
4. How often do you check your email and social feeds?
5. Does the thought of shutting down your phone, tablet or computer for an extended amount of time make your heart race?

Talk about exam nerves

- Remind your child that feeling anxious is normal. Nervousness is a natural reaction to exams. The key is to put these nerves to positive use.
- If anxiety seems to be getting in the way rather than helping, encourage your child to practise the sort of activities they will be doing on the day of the exam. This will help it feel less scary on the day.
- Help your child to face their fears and see these activities through rather than escape or avoid them.
- Encourage them to think through what they do know and the time they have already put into studying to help them feel more confident.

Doing the exam – remind them of these key points

There's a few things you can do to give you the best chance in an exam. Try these tips for staying calm and doing your best:

- read the instructions on the exam paper before you start
- have a look at all the questions on the exam paper. This way, you know how many questions there are. It can help you know how long to spend on each one
- take a couple of seconds to breathe before you start writing anything
- if there's a choice of questions, start on the ones you know you can answer best
- leave some time to read over your answers at the end
- if you get stuck, move onto a question which you can answer better.

Encourage exercise during exams

- Exercise can help boost energy levels, clear the mind and relieve stress. It doesn't matter what it is - walking, cycling, swimming, football and dancing are all effective.
- Activities that involve other people can be particularly helpful.



Don't add to the pressure



- Support group **Childline** says lots of the children who contact them feel that most pressure at exam time comes from their family.
- Try to listen to your child, give support and avoid criticism.
- Before they go in for a test or exam, be reassuring and positive. Let them know that failing isn't the end of the world. If things don't go well they may be able to take the exam again.
- After each exam, encourage your child to talk it through with you. Talk about the parts that went well rather than focusing on the questions they had difficulties with. Then move on and focus on the next test, rather than dwelling on things that can't be changed.

www.childline.org.uk



Make time for treats

- Think through with your child some rewards for doing revision and getting through each exam.
- Rewards don't need to be big or expensive. They can include simple things like making their favourite meal or watching TV.
- When the exams are over, help your child celebrate by organising an end-of-exams treat

When should we get help?

- Some young people feel much better once exams are over, but that's not the case for all young people.
- If your child's anxiety or low mood is severe, persists and interferes with their everyday life, it's a good idea to get some help. A visit to your GP is a good place to start.

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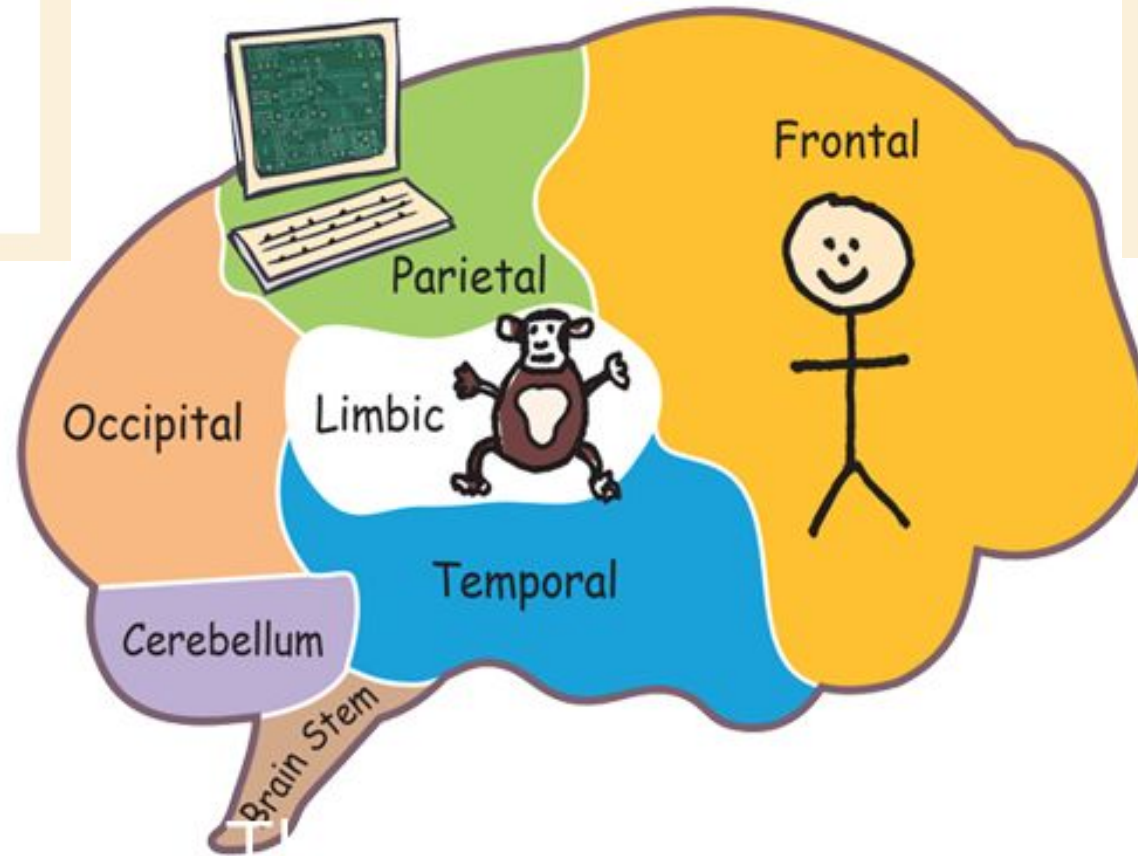
Mindfulness

Karen Fawcett

Our Inner Chimp



- Jumps to an opinion
- Thinks in black and white
- Paranoid
- Catastrophic
- Irrational
- Emotive judgement



- Evidence-based
- Rational
- In context and with perspective
- Shades of grey and balanced judgement



Listen carefully to the following clip.

Does that sound familiar to you?



What is Mindfulness?

Mindfulness definition (although it is very difficult to define)!

“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally, it’s about knowing what is on your mind.”

What to do

- There is no 'set way' of meditating. At home, you should do it in a comfy supportive chair. Sat upright with feet flat on the floor. Eyes closed. Ideally, use headphones.
- Today were going to turn the lights off and close our eyes and have a go.
- Bear in mind...NOBODY IS WATCHING YOU! You are just sitting there with your eyes closed in silence. There is nothing to look at if you open your eyes!
- <https://www.youtube.com/watch?v=h3t9Q1GV8pl&list=RDgBZpGi8BOmk&index=2> - 90 second challenge
- Give it a go. 8 weeks of 10 minutes per day can change your life.

Examples of apps or websites to use

Calm App or <https://www.calm.com/meditate>

- There are lots of free meditations and then its a one-off payment of £35 for the year (access to 100s).
- They have body scans, breathing exercises, stories etc.

Oak App and Headspace App

- Oak - Free meditations and guides you through the process.
- Headspace - Sign up for free £5.99 per month for a year but free elements to it.

Body Scan or <https://www.youtube.com/watch?v=oSo7tUDx5l4>

- There a 100s of free Body Scan meditations on YouTube. Choose an accent that doesn't grate on you!

Breathing Exercises (examples: <https://www.youtube.com/watch?v=5DqTuWve9t8>)

Perfect for on the day of exam. Focus on holding the breath for a couple of seconds before releasing.

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Revision strategies

Jules Gordon

Prepare to Perform

Staying calm, feeling good, being effective



‘The truth about exams’

- Exams are not designed to catch you out.
- They provide an opportunity for you to demonstrate your abilities.
- Examiners like giving marks to people who do what is asked of them.
- Exams can be completed in the allotted time.
- Everyone’s memory is sufficient.



Effective learning environment?

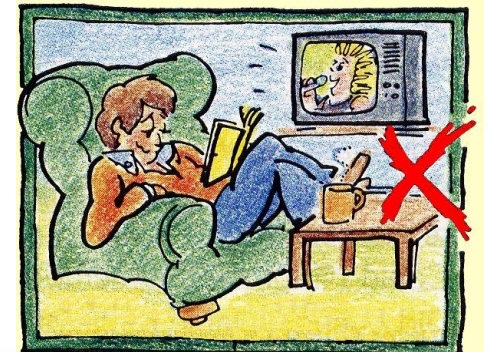
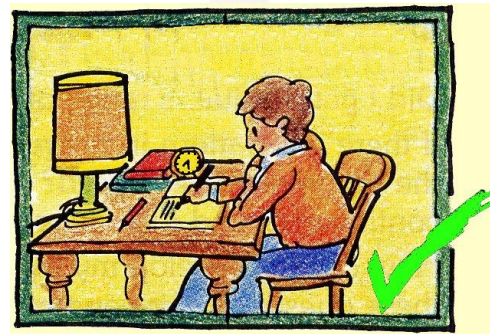
Learning environment

Minimise distractions by trying to keep an area for learning that is:

- Organised
- Not cluttered
- Equipped with everything you need
- Peaceful
- Free from interruptions (mobiles, tablets, consoles etc. should live in a different room where possible)

Alternatives:

- Local Library
- Period 6



Before you start

- Have you got all your notes?
- Do you know the topics you need to revise?
- Have you decided how you are going to revise?
- Have you organised your revision timetable?

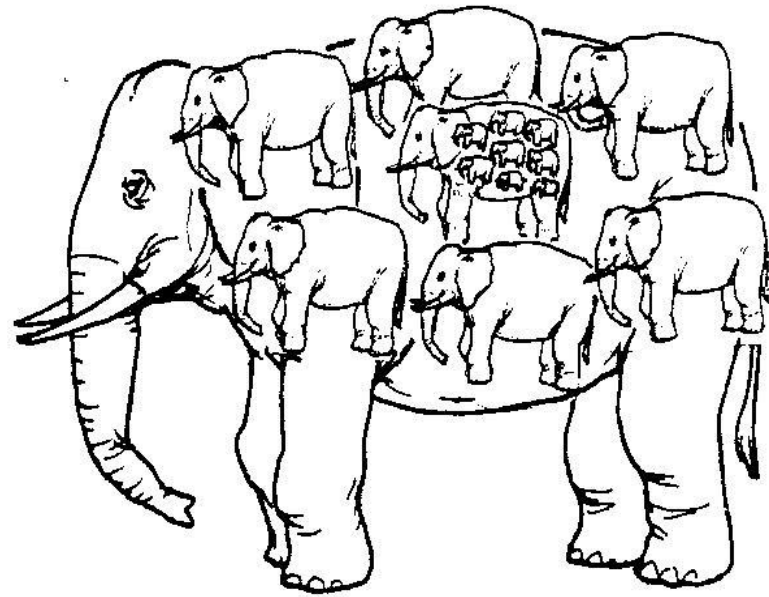
Do you know the topics you are going to revise?

- Revision checklists
- Textbook / revision guide
- Exam board details

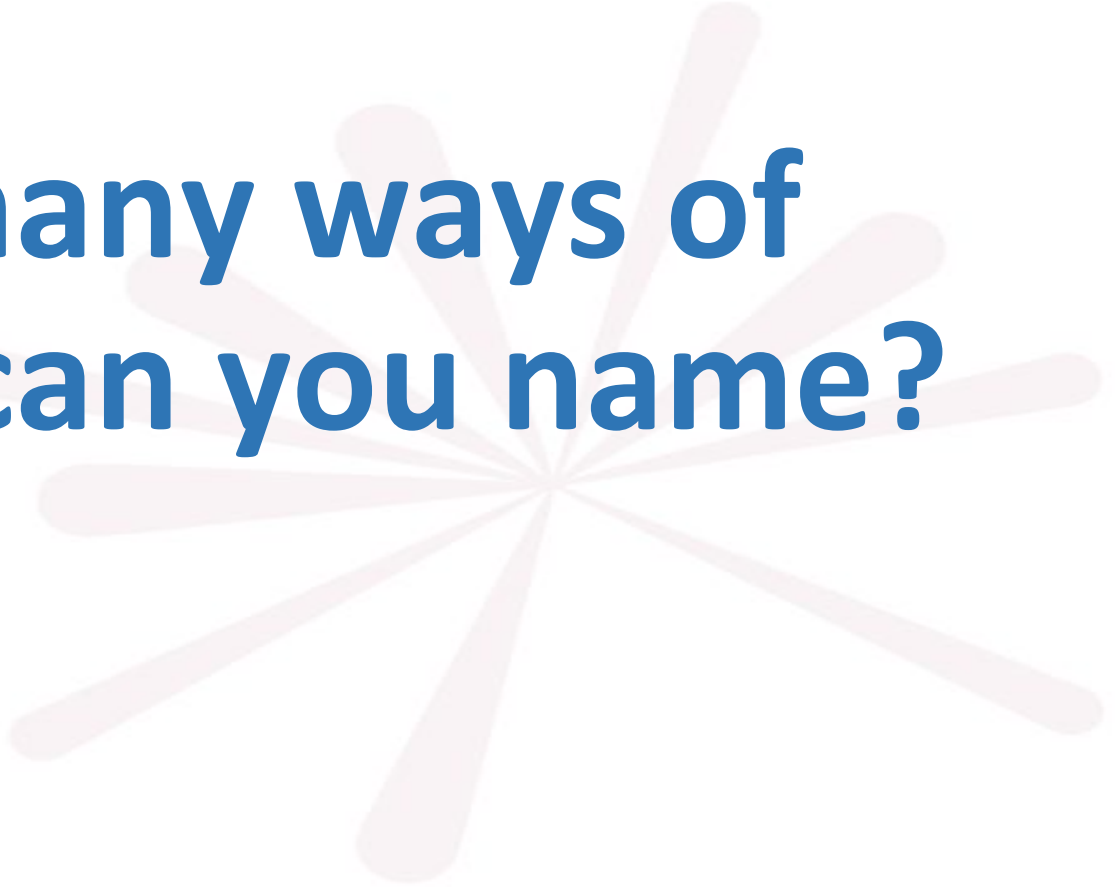
If you are unsure...ask your teacher

How are you going to revise?

- Revise in chunks.
- You would not eat a whole elephant at once! You may not even eat an elephant at all, but if you would....
- You would break it up into chunks, wouldn't you.



**How many ways of
revising can you name?**



How are you going to revise?

Paper based strategies:

- Mindmaps
- Mnemonics
- Journey technique
- Rhymes/ songs
- Flow diagrams
- Cue cards
- Repetition

Electronic based strategies:

- Kahoot
- Kerboodle
- Memrise
- Seneca
- BBC Bitesize
- Quizlet
- Sound recordings
- Youtube videos
- Past papers

WHICH LEVEL ARE YOU IN TERMS OF REVISION?

Level 1 – I READ through my notes

Level 2 – I MAKE NOTES from what I read

Level 3 – I **TRANSFORM** my notes into another format e.g. diagrams, lists, mnemonics, flash cards, tables

Level a – I answer **past questions** but avoid hard ones

Level b - I answer **hard** past questions until I get it right

Level c – I use **mark schemes** to help me improve my answers

Level d – I use **Examiner reports** and mark schemes

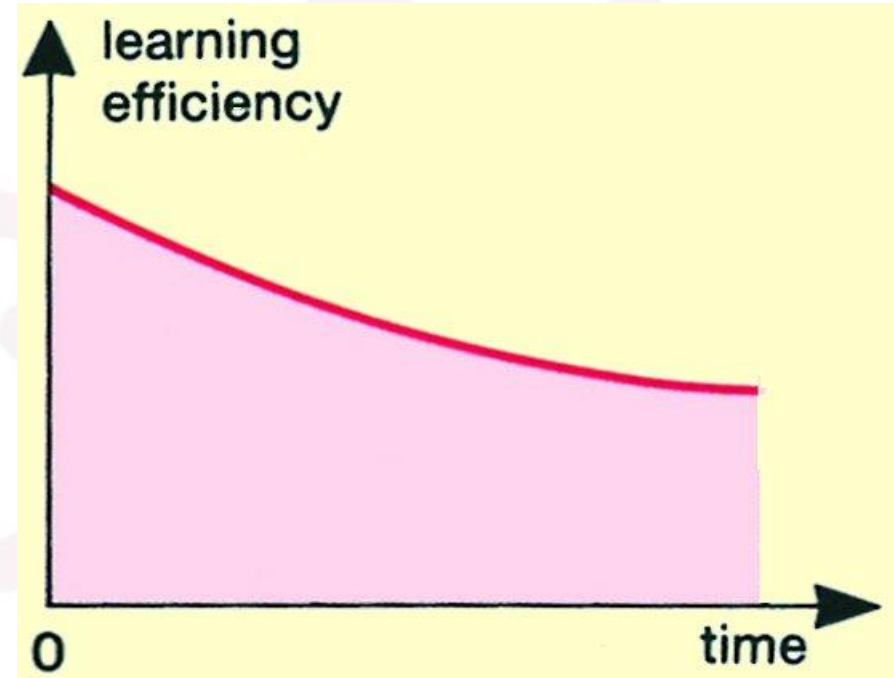
Level e – I **practise AGAIN and AGAIN** until I KNOW I have got it right & seek support when I need it.

General guidance

- You can't rewrite all of the notes from your 2 year courses – **summaries** needed
- Use a variety of revision techniques – your memory will be more efficient
- **Highlight** key parts or ones that are more difficult to remember
- Keep persevering with the more difficult work

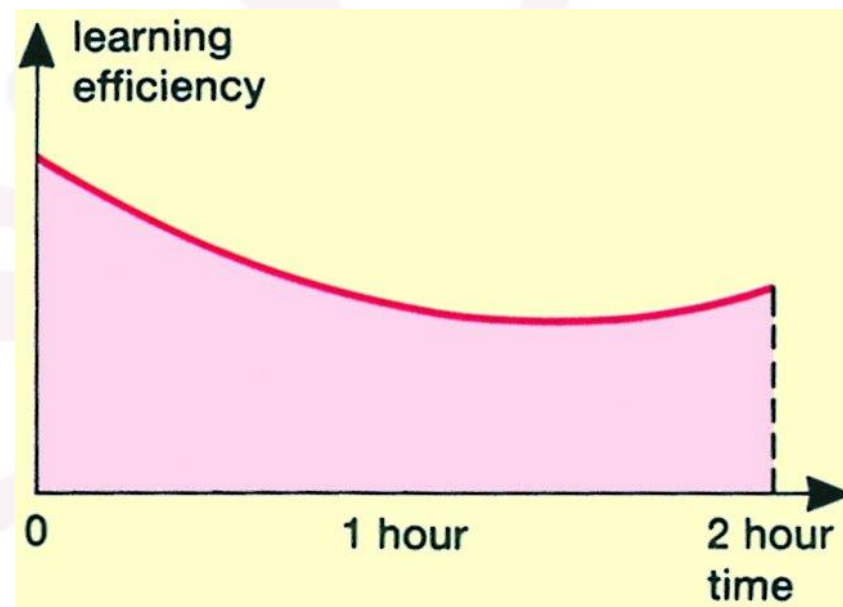
General guidance

Don't spend too long revising. There is the law of diminishing returns. If you just sit down to revise, without a definite finishing time, then your learning efficiency falls lower and lower, like this:



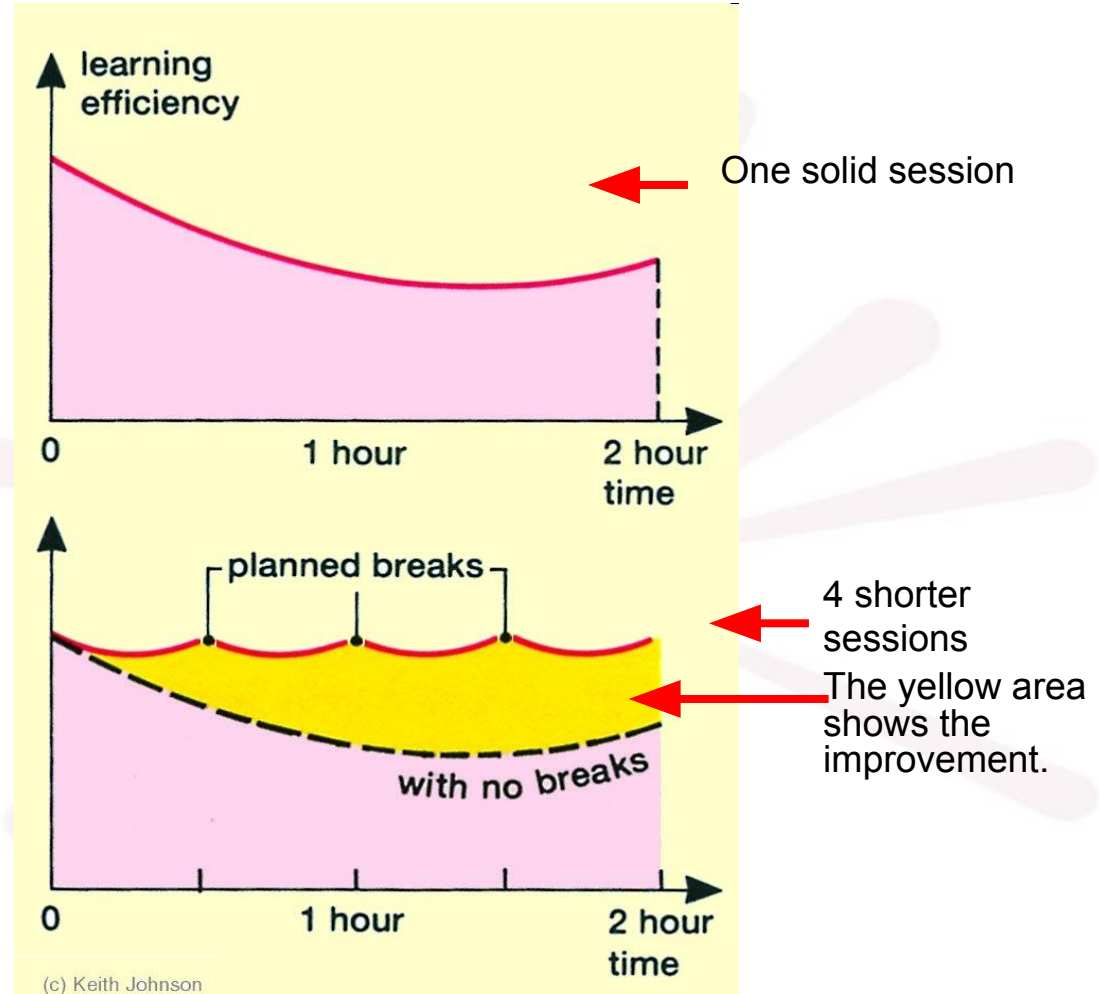
General guidance

If you decide at the beginning how long you will work for, with a clock, then, as your brain knows the end is coming, the graph rises towards the end.



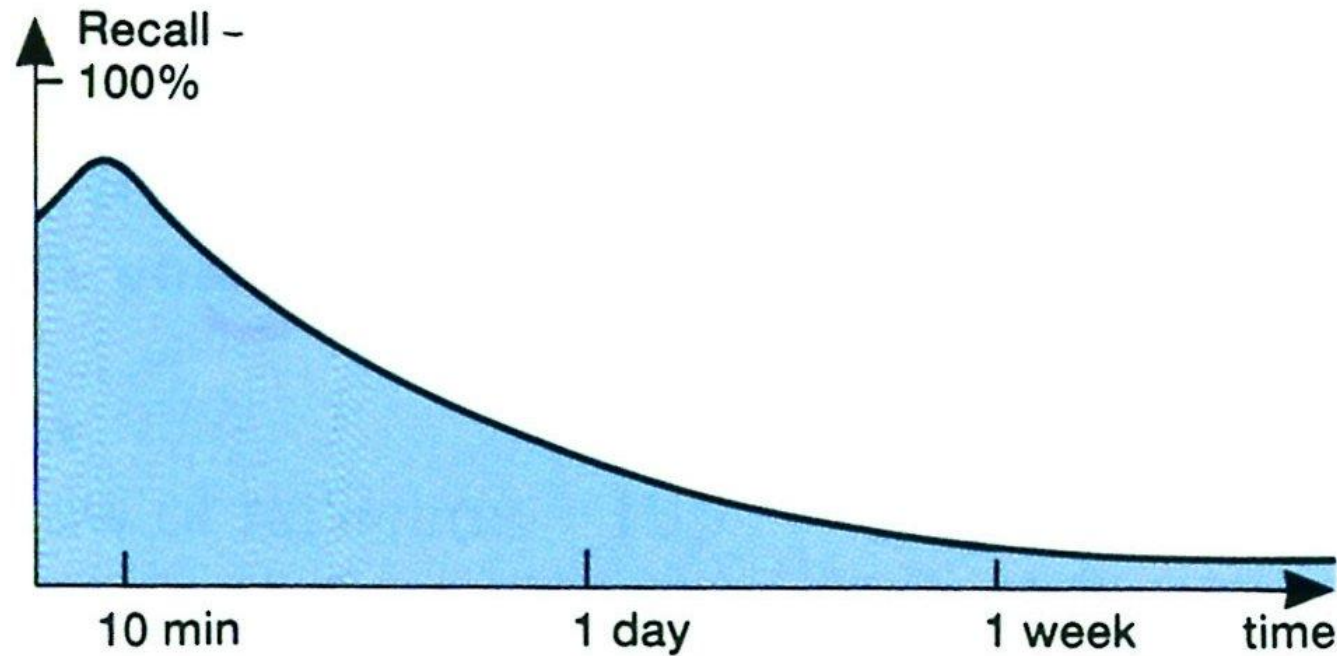
If you break up a 2-hour session into 4 shorter sessions, each of about 25-minutes, with a short planned break between them, then it is even better.

Compare the 2 graphs:

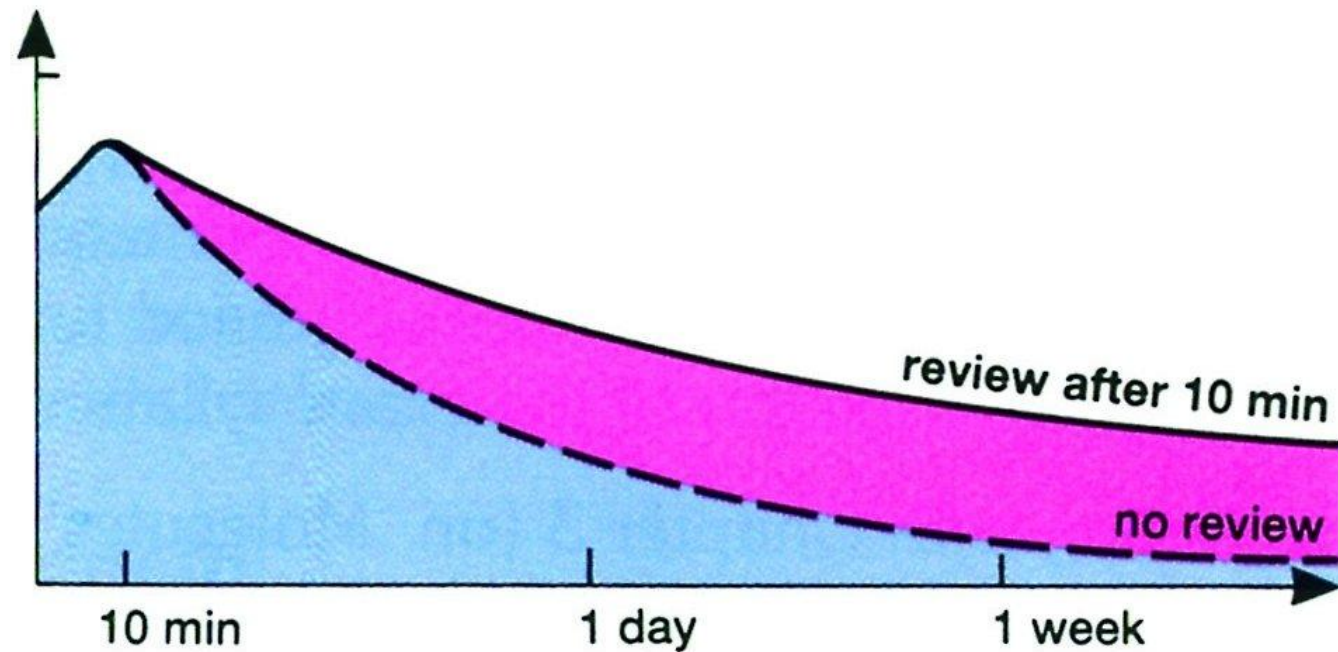


How often should you revise?

It shows how much your brain can recall later.
It rises for about 10 minutes ...and then falls.

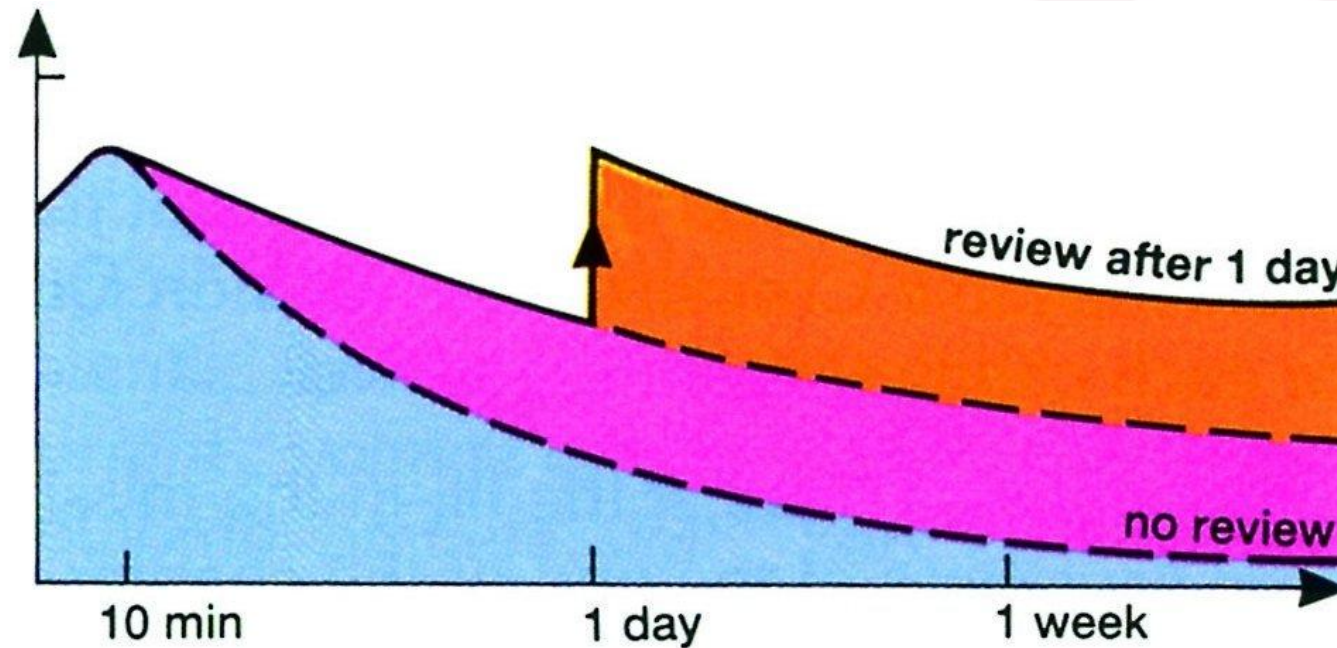


However, if you quickly re-revise after 10 minutes, then it falls more slowly! This is good.
Analyse the new graph:

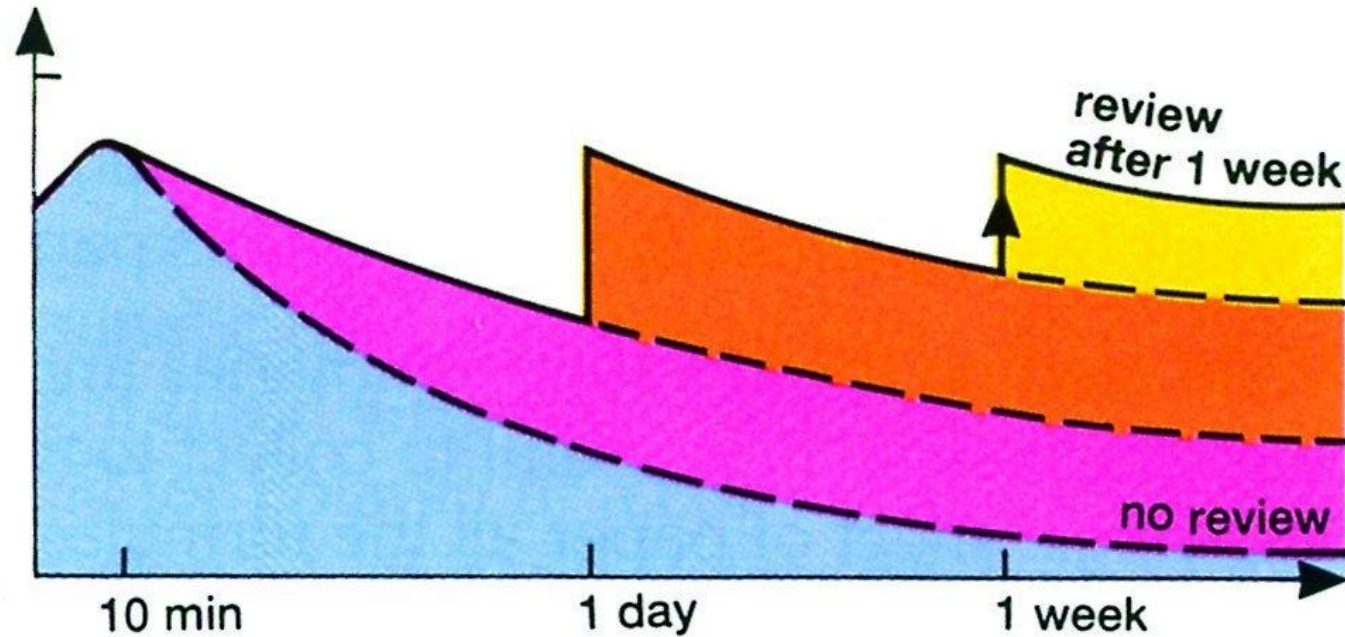


(c) Keith Johnson

If you quickly re-revise again, after **1 day**, then it falls even more slowly! Good !
Analyse the new graph:



If you quickly re-revise again, after **1 week**, then it falls even more slowly! Great!
Analyse the new graph:



(c) Keith Johnson

Revision Timetable

DAY	DATE	Subject 1 Psychology - example 3.1.3 Attachment - Stages of attachment 3.1.3 Attachment - Role of fathers	Subject 2 Biology - example 1.1.2 Cell Membranes 1.1.3 Cell Division, Cell Diversity and Cellular Organisation
DAY	DATE	Subject 1	Subject 2
Monday	21-Jan		
Tuesday	22-Jan		
Wednesday	23-Jan		
Thursday	24-Jan		
Friday	25-Jan		
Saturday	26-Jan		
Sunday	27-Jan		
Monday	28-Jan		
Tuesday	29-Jan		
Wednesday	30-Jan		
Thursday	31-Jan		
Friday	01-Feb		

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Arrangements for Y11 / Y13 examinations 2019

Paul Burrows - Y11
Karen Fawcett - Y13

Examination overview

- Main examination window for Post-16
- **Tuesday 7th May - Wed 19th June**
- Main examination window for GCSE is **Monday 13th May to Tuesday 18th June**
- Some subjects are prior to these dates.
- Contingency day is **June 26th.**
- 'Skeleton timetable' with dates and time for you to take away.
- Personalised timetables will be issued between half term and Easter.

GCE Results Day
Thursday 15th August
Time 8.00am

GCSE Results Day
Thursday 22nd August
Time...?

Examination venue

15 min
before start
time

- All examinations take place in the sports hall
- Those with exam access arrangements will be in appropriate venues (check in LINC building)
- Check timetable and seating plan

A1	B1	C1	D1
A2	B2	C2	D2
A3	B3	C3	D3

etc...

Centre No: 2????

Candidate No: 4 digits

Examination equipment

- All examinations are completed in BLACK ball point pen
- Clear pencil case
- 3-4 black ball point pens, 2 pencils, ruler, rubber, sharpener, highlighters
- Scientific calculator
- Other specialist equipment - subject specific
- Clear water bottle with sports cap
- Watch - to place on the desk

Curriculum/Timetable during examinations

Post-16 and GCSE

- Lessons/study sessions will continue through the examination period
- Focused revision sessions will also be available
- Warm up/top tips will run before each examination
- Easter/ May half term sessions (TBC)

GCSE ONLY

- Once a course is completed that time will be used for revision towards the remaining subjects (possible extra sessions)

Once it is all over...

- Year 11 Ensure all debts are cleared with GSA (library books, sQuid, text books etc...) are cleared
- Year 11 Leavers books - memory book of the cohort and school life
- Year 11 Hoody - containing names of cohort
- Year 11 Assembly - celebration assembly between exams and prom
- Year 11 Prom - at Pride Park Stadium on Sat 29th June
- Year 13 Prom - Park Plaza on Thursday 27th June

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