

# Dealing with exam stress



# It's normal!

It's OK to feel a bit anxious about your exams

It's knowing how to deal with it that's important



# Video – Exams are coming

[https://www.youtube.com/watch?v=7Ags\\_wlajRw](https://www.youtube.com/watch?v=7Ags_wlajRw)

# How does it feel?

- Anxious, worried, overwhelmed
- Upset, teary
- Exhausted
- Defeated, bored, uninterested, fed up
- Frustrated, angry
- Embarrassed, silly, stupid
- Easily annoyed
- Disappointed
- Confused



Where I'm constantly feeling overwhelmed by the idea of studying or doing the exams and it causes me to lose focus. This lack of focus leads to me feeling like I'm going to fail and adds to the stress – like a snowball effect.



A red, stylized double quote symbol consisting of two mirrored, curved shapes.

**Knowing you have so much to do in so little time. Imagining how you know you're going to fail and feeling so stupid because you simply can't remember anything.**

A red, stylized double quote symbol consisting of two mirrored, curved shapes.



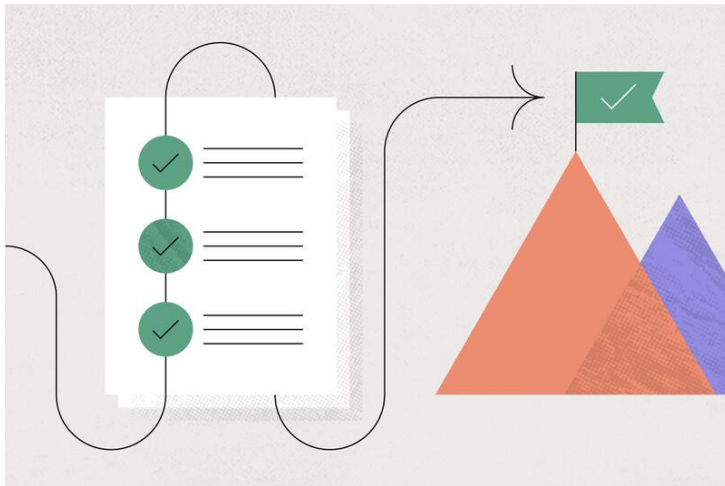
**Exam stress for me came from a fear about my future. For me it felt like there were multiple sources placing pressure on me.**



# Start early

- Attend enrichments
- Revise key topics now
- Little and often





# Make a plan

What are you going to do and when?



Download and print a calendar

Use a calendar app



Use checklists

[View large image](#)

| January | February | March  | April  | May    | June   | July   | August | September | October | November | December |
|---------|----------|--------|--------|--------|--------|--------|--------|-----------|---------|----------|----------|
| 1 Jan   | 1 Feb    | 1 Mar  | 1 Apr  | 1 May  | 1 Jun  | 1 Jul  | 1 Aug  | 1 Sep     | 1 Oct   | 1 Nov    | 1 Dec    |
| 2 Jan   | 2 Feb    | 2 Mar  | 2 Apr  | 2 May  | 2 Jun  | 2 Jul  | 2 Aug  | 2 Sep     | 2 Oct   | 2 Nov    | 2 Dec    |
| 3 Jan   | 3 Feb    | 3 Mar  | 3 Apr  | 3 May  | 3 Jun  | 3 Jul  | 3 Aug  | 3 Sep     | 3 Oct   | 3 Nov    | 3 Dec    |
| 4 Jan   | 4 Feb    | 4 Mar  | 4 Apr  | 4 May  | 4 Jun  | 4 Jul  | 4 Aug  | 4 Sep     | 4 Oct   | 4 Nov    | 4 Dec    |
| 5 Jan   | 5 Feb    | 5 Mar  | 5 Apr  | 5 May  | 5 Jun  | 5 Jul  | 5 Aug  | 5 Sep     | 5 Oct   | 5 Nov    | 5 Dec    |
| 6 Jan   | 6 Feb    | 6 Mar  | 6 Apr  | 6 May  | 6 Jun  | 6 Jul  | 6 Aug  | 6 Sep     | 6 Oct   | 6 Nov    | 6 Dec    |
| 7 Jan   | 7 Feb    | 7 Mar  | 7 Apr  | 7 May  | 7 Jun  | 7 Jul  | 7 Aug  | 7 Sep     | 7 Oct   | 7 Nov    | 7 Dec    |
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| 11 Jan  | 11 Feb   | 11 Mar | 11 Apr | 11 May | 11 Jun | 11 Jul | 11 Aug | 11 Sep    | 11 Oct  | 11 Nov   | 11 Dec   |
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Template 1:  
Calendar 2023 for the  United Kingdom  
in Microsoft  Word format (.docx),  
landscape, 1 page, multi-coloured

## Template 1: Calendar 2023 (UK) landscape, 1 page, multi-coloured

- year 2023 on one A4 page, landscape orientation
- each month in a different colour ("rainbow calendar") to reflect the changing seasons
- months horizontally (along the top)
- days vertically (down the left side)
-  UK version with bank holidays and week numbers
- for Microsoft  Word from version 2007 (.docx file)



[Download template 1](#)

# Look after yourself

Make time for the things you enjoy

- Seeing friends
- Sport
- Gaming
- Music
- Reading
- Relaxing
- Enrichment clubs at school



# Enrichment at OBA



## Monday

|                         |                                   |                   |         |                    |
|-------------------------|-----------------------------------|-------------------|---------|--------------------|
| Music                   | Singing club                      | All years         | G025    | Mr Moore           |
| TA Support              | TA lunch club                     | All years         | Various | TA team            |
| English                 | Debate club <b>(second lunch)</b> | Years 7, 9 and 11 | F011    | Mrs Conway-Russell |
| <u>Extra curricular</u> | Allyship - Culture                | All years         | TA Room | Mr Allen           |
| Maths                   | Maths club <b>(second lunch)</b>  | Years 9 and 11    | F033    | Miss Shah          |

## Tuesday

|                         |                                             |           |              |              |
|-------------------------|---------------------------------------------|-----------|--------------|--------------|
| Dance                   | Dance company (by audition)                 | All years | Dance Studio | Ms Power     |
| <u>Extra curricular</u> | Allyship – LGBTQ+                           | All years | TA Room      | Mr Allen     |
| Music                   | School band                                 | All years | G025         | Mr Tallant   |
| Sport                   | Football (boys)                             | All years | Rec          | Sports staff |
| TA Support              | TA lunch club                               | All years | Various      | TA team      |
| Library                 | Quiet reading, <u>homework</u> and research | All years | Library      | Mrs Rayner   |

## Wednesday

|                         |                                             |                     |              |               |
|-------------------------|---------------------------------------------|---------------------|--------------|---------------|
| Computer Science        | Coding                                      | All years           | F023         | Mr O'Leary    |
| TA Support              | TA lunch club                               | All years           | Various      | TA team       |
| Science                 | STEM club                                   | All years           | G017         | Miss Ellis    |
| Dance                   | Open studio                                 | All years           | Dance studio | Ms Power      |
| Library                 | Quiet reading, <u>homework</u> and research | All years           | Library      | Mrs Rayner    |
| <u>Extra curricular</u> | Wellbeing Wednesdays                        | All years           | F031         | Miss Davidson |
| Sport                   | Netball (girls)                             | All years           | Rec          | Sports staff  |
| Music                   | Year 7 music club                           | Year 7              | G025         | Miss Royales  |
| Tech                    | Barbering                                   | Year 12             | Hair salon   | Miss Finigan  |
| Art                     | Art club                                    | Years 11, 12 and 13 | Art rooms    | Mr Smyth      |
| Art                     | Sewing club                                 | Years 7, 8 and 9    | G003         | Mrs Norton    |

## Thursday

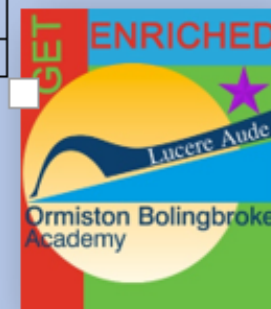
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|-------------------------|---------------------------------------------|------------------|---------------|------------------------------------------------|
| Sport                   | Football (girls)                            | All years        | Rec           | Sports staff                                   |
| Sport                   | Fitness suite (girls and boys)              | All years        | Fitness suite | Sports staff                                   |
| Sport                   | Badminton (girls and boys)                  | All years        | Rec           | Sports staff                                   |
| <u>Extra curricular</u> | Anti-Bullying group                         | All years        | I-Zone        | Mrs Musgrave                                   |
| <u>Extra curricular</u> | Lego group                                  | All years        | TA room       | Mrs Moody                                      |
| Art                     | Art club                                    | Year 7           | F015          | Miss Fenlon                                    |
| TA Support              | TA lunch club                               | All years        | Various       | TA team                                        |
| TA Support              | Kinship (by invite)                         | Years 7 and 8    | TBC           | Miss Lamb                                      |
| Dance                   | Year 7 dance club                           | Year 7           | Dance studio  | Miss Walker                                    |
| Dance                   | Year 8 and 9 dance club                     | Years 8 and 9    | Dance studio  | Ms Power                                       |
| Library                 | Quiet reading, <u>homework</u> and research | All years        | Library       | Mrs Rayner                                     |
| Library                 | Library club                                | All years        | Library       | Mrs Rayner                                     |
| Maths                   | Numeracy through darts                      | All years        | F039          | Mr Short                                       |
| Maths                   | Maths homework club                         | All years        | F026          | Miss Taylor, Mrs Gibson-Glynn, Miss Darlington |
| English                 | Creative writing                            | Years 7, 8 and 9 | F004          | Miss Cook                                      |
| Media                   | Media club                                  | All years        | F025          | Mr Kenny                                       |
| Music                   | Acoustic guitar club                        | All years        | G024          | Mr Corcoran                                    |
| <u>Extra curricular</u> | Chess club                                  | All years        | F037          | Mr Muldoon                                     |

## Friday

|            |                                                          |           |         |            |
|------------|----------------------------------------------------------|-----------|---------|------------|
| Library    | Quiet reading, <u>homework</u> and research (until 3.30) | All years | Library | Mrs Rayner |
| TA Support | TA lunch club                                            | All years | Various | TA team    |

**The library is open every break and lunch**

**The 4G pitch is available most breaks and lunches**



# Physical health

- Exercise
- Eating well
- Stay hydrated
- Sleep





You're not in competition with anyone else!

# Video – Exam Stress – The Science

<https://www.youtube.com/watch?v=-RZ86OB9hw4>



# In summary...

- Start early
- Make a plan
- Make time for the things you enjoy
- Look after your physical health
- Ask for help if you need it

