

# Exams and Assessments

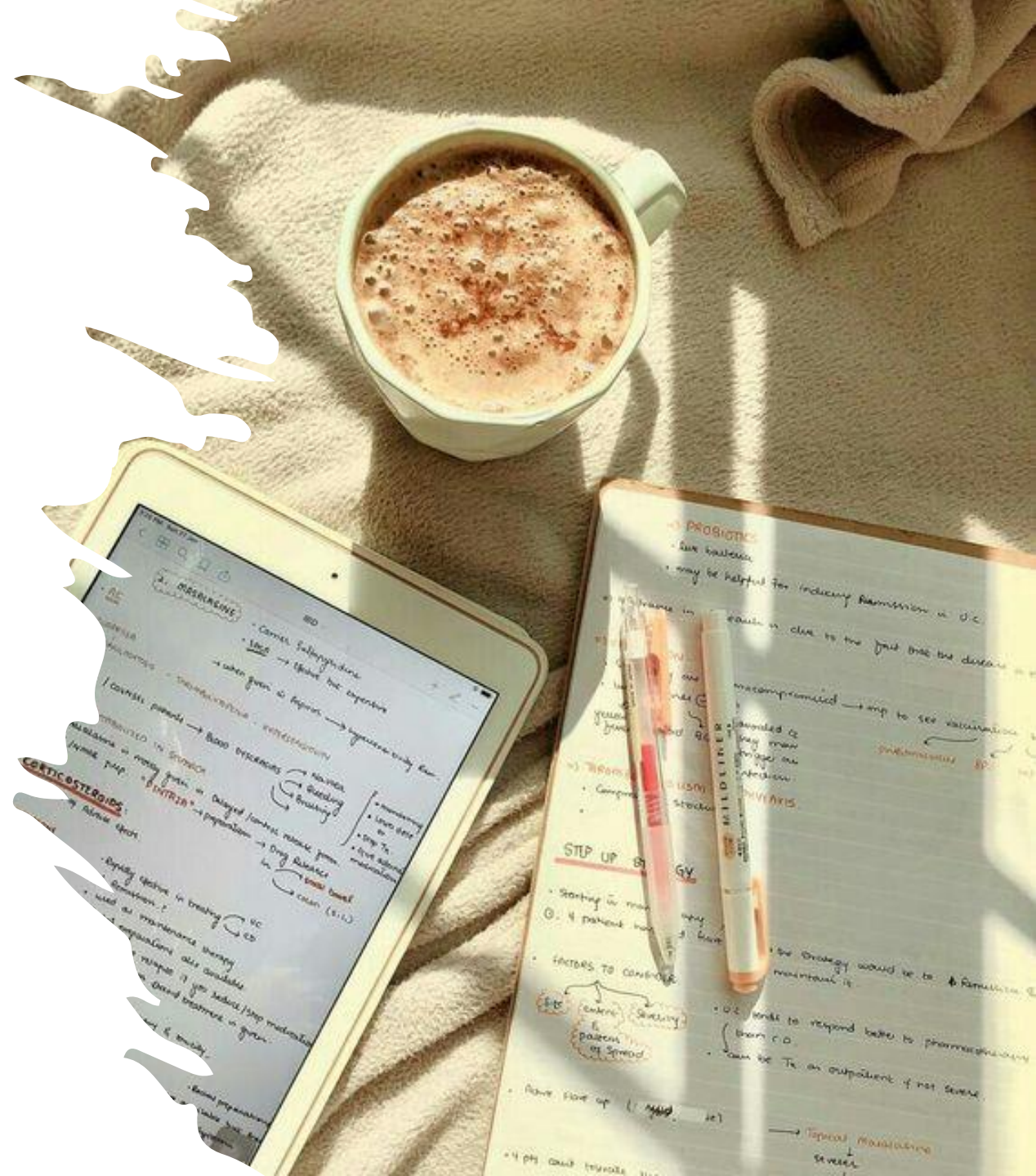
- 
- How to support yourself -
  - Self-Care and Wellbeing -

# How to support yourself during exams.

Firstly, don't be worried!

This is a potentially 'stressful' period.

Learning how to identifying your feelings and putting yourself first are the initial stages in reducing your worries, and helping.



A blurred background image showing a person's hands holding a pen over a document with a table of data.

# Looking after your wellbeing

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The exam period can be stressful, which is why it's very important that you revise and prepare as this can help to reduce exam anxiety.

In addition to revising there are other strategies you can do to look after your mental & physical health.

**Maintaining positive routines and schedules are important to help you feel in control and manage yourself.**



## A vibrant collage of various fruits, vegetables, and nuts, including tomatoes, bell peppers, avocados, blueberries, kiwi, almonds, and ginger, arranged on a dark background. The items are presented in a top-down view, with some in white bowls and others scattered. The colors are bright and saturated, creating a healthy and appetizing visual.

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### Whole Grains

folate, B6 and thiamine;  
enhance memory and focus

### Eggs

choline and protein;  
boost memory, concentration  
and energy levels

### Nuts

omega-3 & 6 fatty acids;  
balance serotonin levels,  
boost mood

### Berries

high levels of antioxidants;  
boost brain function



### Seeds

omega-3 & 6 fatty acids,  
Vitamins A and E;  
improve mood and brain  
function



### Wild Salmon

rich source of omega-3  
fatty acids;  
improve mood, memory  
and concentration



### Avocadoes

healthy fats that boost  
concentration and brain  
development



### Tomatoes

lycopene  
(a powerful antioxidant);  
helps improve brain function



### Red Cabbage

polyphenols  
(powerful antioxidants)



### Spinach

folate;  
increases memory  
and concentration



### Green Tea

catechines and polyphenols;  
boosts dopamine levels  
to increase memory and  
concentration



### Bananas

Vitamin B6, potassium  
and folic acid;  
increase serotonin and  
boost mood



### Dark Chocolate

antioxidants and flavonoids;  
stimulate increased blood flow to brain resulting in  
improved memory and concentration



### Dry Beans

Vitamin B5, folic acid and magnesium;  
improve brain function

# ‘Brain foods’

Consider introducing healthy eating habits that you find manageable to support yourself during stressful periods, and high pressure points.

Making small positive choices in areas of your life that you can control, will help you to look after yourself.

# Sleep.

Staying up late to revise is a bad idea! Sleep deprivation can have a very negative impact on concentration, performance & memory.

Studies have shown that reducing screen time in the evenings and avoid going on your phone for at least an hour before bed helps your body and mind to settle.

For example, gaming to a **reasonable hour** would be a great first step.





# PREP FOR A GREAT NIGHT OF SLEEP

*relax & unwind*



TURN OFF THE  
ELECTRONICS  
30 MIN BEFORE  
BED



READ  
A  
CHAPTER OF YOUR  
FAVORITE BOOK



TAKE  
A STEAMY  
SHOWER



WEAR BLUE  
LIGHT GLASSES  
WHILE USING  
TECHNOLOGY THROUGHOUT  
THE DAY



LIGHT A  
CANDLE WITH  
A YUMMY  
SCENT



LISTEN TO  
A RELAXING  
PLAYLIST

## Small, controllable changes...

It is likely that during times of heightened pressure or stress, your mind and body will react. You know yourself better than anyone else.

This again refers to what we can control outside of revision time. To ensure what we achieve is purposeful, and not detrimental, we need to listen to ourselves and allow time for rest, reflection and enjoyment.

# Exercise

Take regular breaks from revision with exercise.

Take part in a sport you enjoy, go for a walk or any activity that is active **and** part of your daily routine.

Do not feel the need to introduce heavy exercise into your life as a fix for feeling the pressure – try and understand how you feel, and respond appropriately...





# Slow and steady

Don't push yourself to achieve large fitness goals if this is not already part of your routine.

Yoga, pilates and stretching are low impact exercises that encourage positive physical movement for your body.

If you are revising with a screen or at a desk, you may benefit from targeted exercises to reduce strain to muscle groups.



# Relax.

Relax during the exam period? Yes! It is essential that you do make time to switch off & have a break. Watch Netflix, read or talk to friends.

It is not always as simple as planning time for yourself to relax, trying to force yourself to, or following a strategy you spotted on Insta... sometimes we need to learn how to give ourselves a break.





# check in

WHAT TYPE OF SELF-CARE DO YOU NEED?



CREATIVITY &  
SELF-EXPRESSION



LEARNING &  
CURIOSITY



SOLITUDE &  
REFLECTION



ORGANIZING &  
CLEANING



TIME WITH  
LOVED ONES



OUTSIDE PLAY  
& MOVEMENT

## Feeling stuck?

### Time to check in...

When you 'hit a wall' with your revision and studies, you may need to take a break.

Acknowledging that we need a different task, a variety of activities, or simply a rest is important.

Having a small list of personal choice alternatives can be really helpful.

# Is it stress, pressure, or anxiety?

We can sometimes struggle to differentiate between them. In order to help ourselves, it is useful to know what you are experiencing...

- Stress refers to the situation of too many demands and not enough resources – time, money, energy – to meet them.
- Pressure is a situation in which you perceive that something at stake is dependent on the outcome of your performance.



To help you hone this distinction, it has been recommended that any time you feel the “heat,” ask yourself, “**Am I feeling overwhelmed by the demands upon me, or do I feel I have to produce a specific result?**”

If your answer is the former, a feeling of being overwhelmed, too many demands and not enough resources, you are stressed. If you are in a situation or entering one in which you feel you have to deliver the goods, that’s pressure.



# Stress vs Anxiety

There's a fine line between stress and anxiety. Both are emotional responses, but stress is typically caused by an external trigger. The trigger can be short-term, such as a work deadline or a fight with a loved one or long-term, such as being unable to work, discrimination, or chronic illness.

- People under stress experience mental and physical symptoms, such as irritability, anger, fatigue, muscle pain, digestive troubles, and difficulty sleeping.
- Anxiety, on the other hand, is defined by persistent, excessive worries that don't go away even in the absence of a stressor. Anxiety leads to a nearly identical set of symptoms as stress: insomnia, difficulty concentrating, fatigue, muscle tension, and irritability.



# Talk to somebody...

If you are struggling, talking can help share the load, and get you the support you need.

Staff in school can offer guidance, support, and listen to how you are feeling. Sharing your worries may help you feel more able to manage, and support yourself.

Your feelings are valid, your wellbeing is important – we can help.



Chellaston Academy  
Safeguarding Team

## *Who can I talk to?*



Mr Metters  
Headteacher



Ms Eyre  
Deputy Headteacher  
Designated Safeguarding  
Lead



Mrs Horvath  
Deputy Designated  
Safeguarding Lead



Mrs Grimwood  
Deputy Designated  
Safeguarding Lead



Mrs Burdis  
Child Protection Officer



Mrs Church  
SENCo



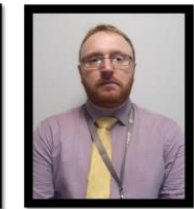
Mrs Johnson  
Mental Health  
Lead



Mrs Amps  
Wellbeing team



Mrs Dow  
HOY Year 7



Mr Shields  
HOY Year 8



Mr Moran  
HOY Year 9



Mrs Haywood  
HOY Year 10



Mr Howard  
HOY Year 11



Mrs Tivey  
HOY Year 12



Mrs Warren  
HOY Year 13



Miss Scullion  
Behaviour Lead

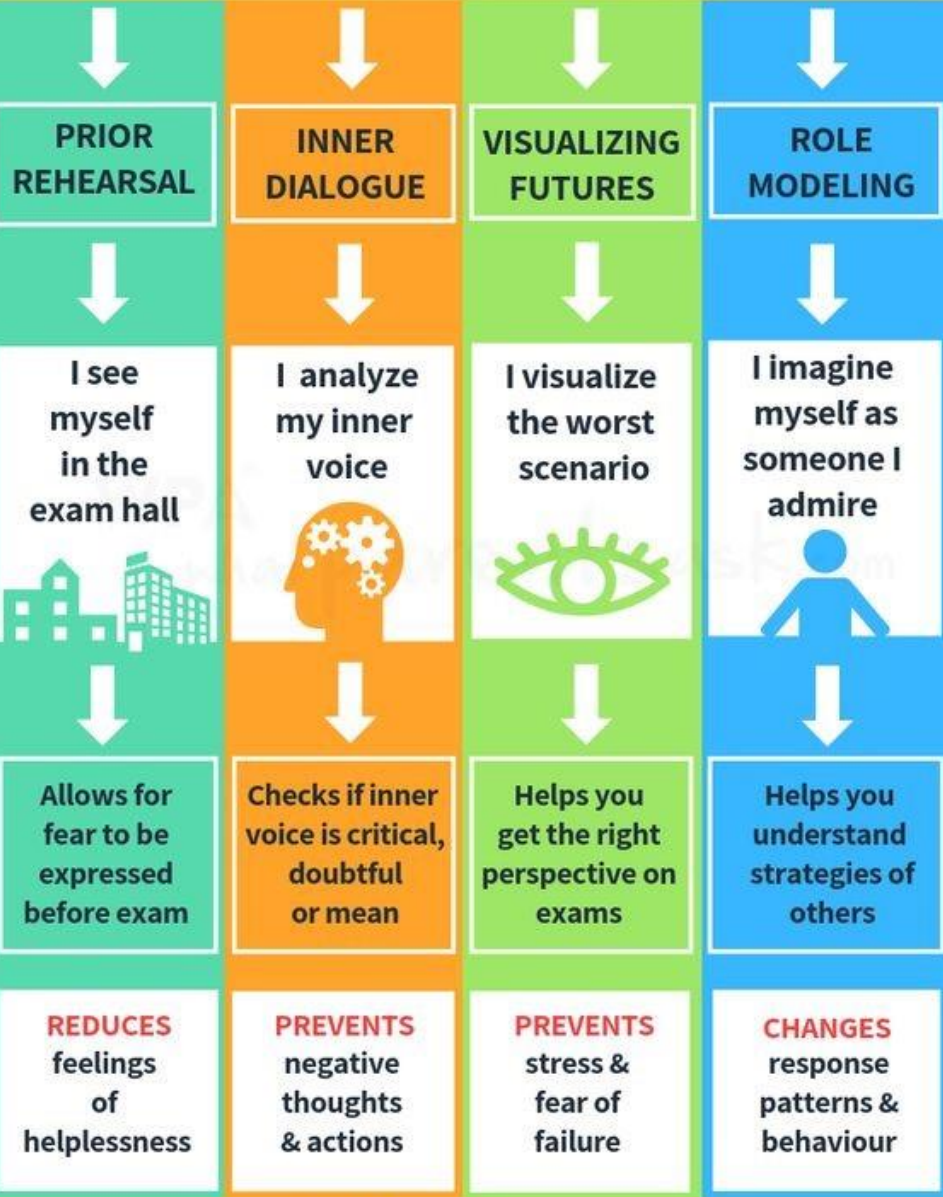
### **Or you can speak to any member of staff**

If you are worried about yourself or a friend, we can help in Student Services (The Hub/Care and Guidance)

Worries might include:

- Personal safety
- Stress and Anxiety
- Bullying
- Friendships
- Worries about school work
- Health and mental health issues

## 4 WAYS TO REDUCE EXAM STRESS



Look up and research handy tips that work for you!

Revision, self-care and exam period are personal and only you will know what works for you.

## 7 Ways to **STOP** Panic Taking Over During an Exam

by @inner\_drive | www.innerdrive.co.uk



- 1. TAKE SOME DEEP BREATHS**  
This will help clear your head and give you time to think.
- 2. RE-READ THE QUESTION**  
This will help ensure you don't misread the question and avoid making sloppy mistakes.
- 3. THINK BACK TO YOUR REVISION**  
Have you answered similar questions previously during your revision?
- 4. WHAT WOULD YOUR TEACHER SAY**  
What advice would your teacher give you to help you right now?
- 5. SOMETHING IS BETTER THAN NOTHING**  
Better to guess the answer than leave it blank. If you don't write anything down you are guaranteed to get zero marks.
- 6. STICK TO YOUR EXAM STRATEGY**  
If you have a bad first question, stick to your pre-planned strategy and don't let the bad start affect your performance on the next question.
- 7. DON'T PUT TOO MUCH PRESSURE ON YOURSELF**  
Work your hardest and do your best. Some stress is good but becoming too stressed doesn't help you think clearly under pressure.



# Ways we support Mental Health at the Academy

Problem	Solution
Revision worries	Tutor time/PSHCE – revision skills, advice and TIME
Work ‘overload’	Template and support in creating a timetable
Anxiety	Seating arrangements
Friendships	Strong pastoral and safeguarding team
	Appointments in The Hub
	Signposting to websites

## People and places to help

Form Tutor

The Hub

Subject Staff

Learning Support

The Hive

Head of Year

Pastoral Officers

Teaching Assistants

# Further support

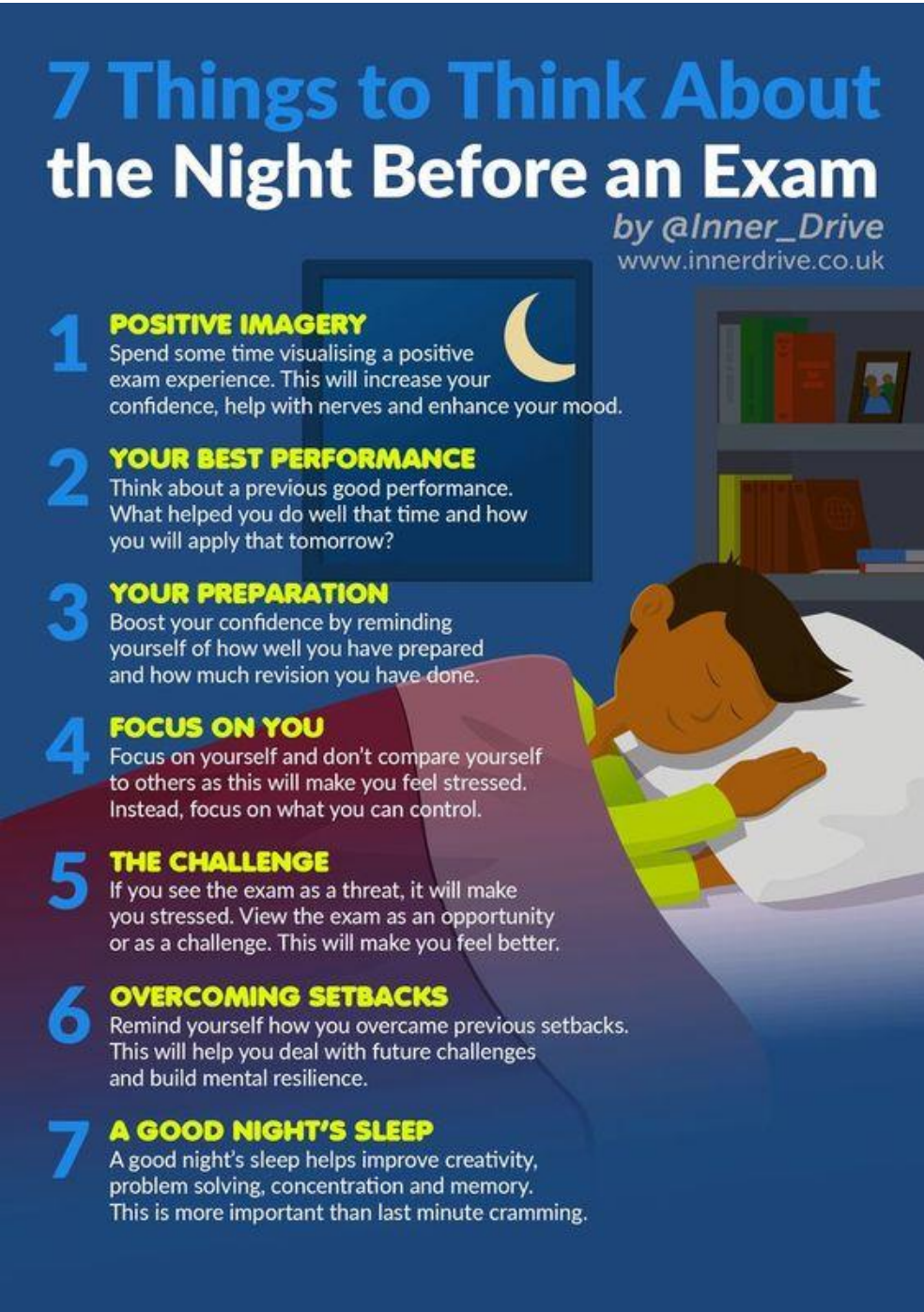
If you need support during the exam time, the staff at school can help and guide you – try talking to someone.

Your support network – maybe explain what is on your mind to someone at home.

If you need further support, check out the external links on the next slide that offer wellbeing and mental health services that layer multiple approaches to help you feel ok.

## 7 Things to Think About the Night Before an Exam

by @Inner\_Drive  
www.innerdrive.co.uk

- 
- 1 POSITIVE IMAGERY**  
Spend some time visualising a positive exam experience. This will increase your confidence, help with nerves and enhance your mood.
  - 2 YOUR BEST PERFORMANCE**  
Think about a previous good performance. What helped you do well that time and how you will apply that tomorrow?
  - 3 YOUR PREPARATION**  
Boost your confidence by reminding yourself of how well you have prepared and how much revision you have done.
  - 4 FOCUS ON YOU**  
Focus on yourself and don't compare yourself to others as this will make you feel stressed. Instead, focus on what you can control.
  - 5 THE CHALLENGE**  
If you see the exam as a threat, it will make you stressed. View the exam as an opportunity or as a challenge. This will make you feel better.
  - 6 OVERCOMING SETBACKS**  
Remind yourself how you overcame previous setbacks. This will help you deal with future challenges and build mental resilience.
  - 7 A GOOD NIGHT'S SLEEP**  
A good night's sleep helps improve creativity, problem solving, concentration and memory. This is more important than last minute cramming.



# External Support

## **Helpful Resources**

Young Minds

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

Charlie Waller

[www.cwmt.org.uk/resources](http://www.cwmt.org.uk/resources)

BBC Bitesize

<https://www.bbc.co.uk/bitesize/articles/zsvcqh>

**Websites that offer anonymous advice and people to talk to**

Chat Health

<https://chathealth.nhs.uk/>

Kooth

[www.kooth.com](http://www.kooth.com)