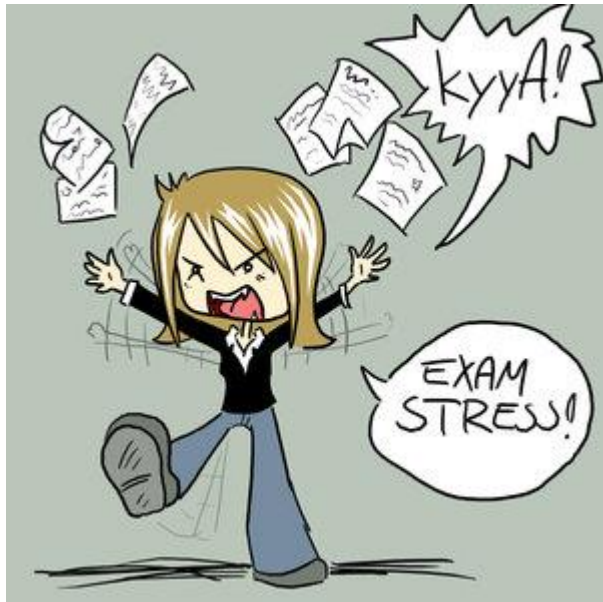


# Preparing for year 11

## COPING WITH STRESS AND REVISION SUPPORT



# HOW READY ARE YOU TO PERFORM?

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All hard work is represented in a performance, whether it's an athlete competing at the biggest event of their career, or a student taking an exam. There are so many things that influence a performance and in order to be the best we can be, many of these things have to be worked on.

What performance are you looking to achieve?

How ready are you to perform?  
Rate yourself out of 10

What do you need to do to be more ready?

How can you be Prepared to Perform?

# WE CAN ALL GROW

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Be the best you can be – Preparing to Perform for when you need to Perform.

Can you have a “can do” mindset “I love a challenge”.

We all have the ability to be a bit better than we are now, so what do you need to prepare to perform?

- Know what you want – goals.
- Want/desire to achieve it – motivation.
- Work hard at the right things – focus.
- Always believe you can achieve it – belief.

Performance also includes the ability to recognise and take the opportunities that come your way. Do you see them and embrace them as an opportunity, or do you see challenge?

# Supporting you

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Who or what can support you?

Friends

Revision guides

Family

Websites

Teachers

Videos

Apps

What other opportunities could you access?

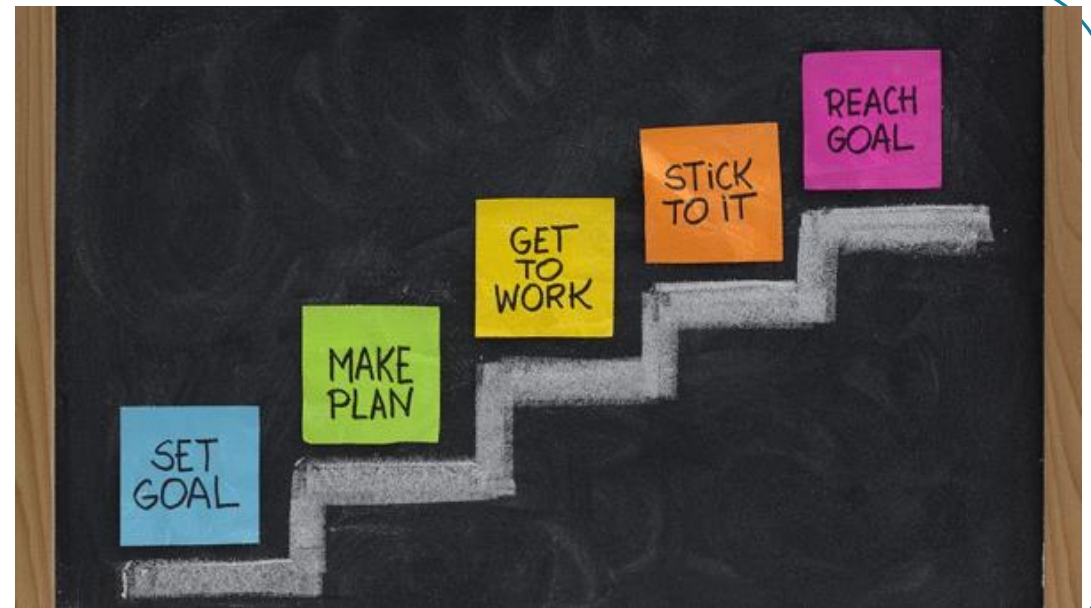
How can you go about accessing these opportunities?

# OUTCOME GOALS

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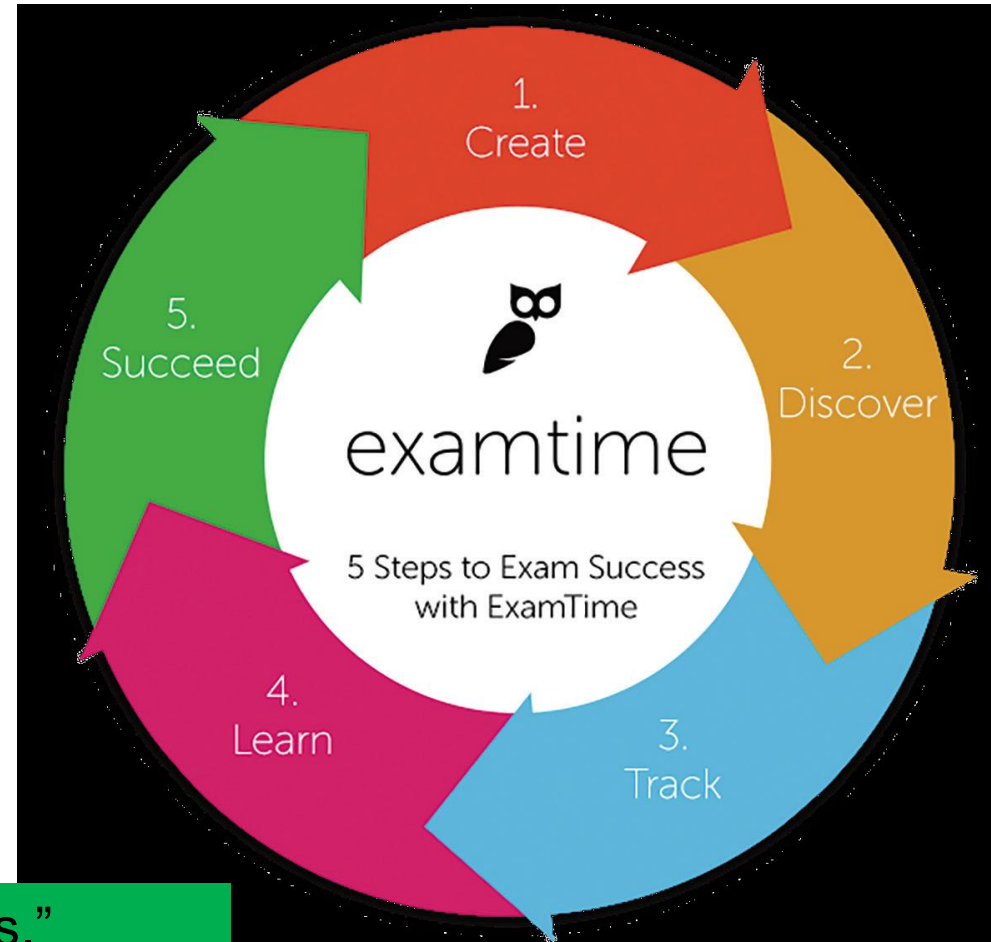
GOALS INSPIRE YOU TO PUSH FORWARD WITH PURPOSE; TO GET OUT OF BED AND INTO SCHOOL; TO TURN OFF THE TV AND WRITE THAT ASSIGNMENT; TO GET UP OFF THE SOFA AND EXERCISE. YOU CAN THINK OF A GOAL AS THE ENGINE WHICH DRIVES YOU TOWARDS YOUR DESIRED OUTCOME.

- What do you want to achieve?
- Why do you want to achieve it?
- What will achieving it give you?
- How would achieving it make you feel?



# BENEFITS OF STUDY GOALS

- You can see the bigger picture of what you want to achieve
- Goals produce action
- Goals motivate you
- You become more productive
- You know what you should be doing and when
- You won't panic as much
- Reduce your stress levels
- Better sleep
- Feel more relaxed
- Peace of mind for how you approach the exam period



**“What keeps me going is goals.”**  
– Muhammad Ali

# PERFORMANCE GOALS

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In order to achieve our Outcome Goals we need to know what we need to do to be successful.

If you are to achieve your outcome goal what do you need to deliver in your performance?

- ✓ E.g. achieving 65% in my biology exam
- ✓ E.g. getting 8 hours sleep a night
- ✓
- ✓
- ✓
- ✓
- ✓
- ✓

# PROCESS GOALS

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CONTROL WHAT YOU CAN CONTROL - PROCESS GOALS

HARD WORK

When trying to be the best, your hard work is a key part, there is no way around it. Hard work is the perfect combination of quality and quantity. One without the other leaves gaps in your performance.



# HOW TO SET YOURSELF SOME GOALS

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1. Be realistic and specific - specify when and what you will do. This will increase your chances of getting it done.
2. Break each goal into simple, digestible parts. The easier you make it to complete each step of the goal, the more likely it is that you will eventually achieve it.
3. Each goal must have a target time frame. Make a note of them on your daily or weekly planner and on your overall revision plan.
4. Write down your goals on a piece of paper and keep them close by. It's important that you make a record of them; it will keep you focused and remind you of what still has to be done. Read the list every day to keep you aware of them and reinforce them in your mind.
5. Don't bite off more than you can chew. Start off with a relatively small number of goals and gradually increase their number and size as you become more effective at completing them.

# How to stick to your goals

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- ✓ Review your goals regularly.
- ✓ Measure and assess your progress.
- ✓ Make changes if they are needed. Be honest with yourself.
- ✓ Keep your goals visible - if they are out of sight, then they may be out of mind.



Outline your revision plan by setting yourself goals to achieve.



Keep track of what you have achieved. Create a timeline so you keep on track.



Define what tasks you need to complete in order to achieve your goals. Tick off complete tasks.

# TOP TIPS FOR PLANNING TO PERFORM

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- Plan out your revision timetable so that you can track and monitor your progress. Make sure you allow time for fun and relaxation so that you avoid burning out.
- Leave plenty of time to revise. Giving yourself adequate time will help to boost your confidence and reduce any pre-exam stress as you know you have prepared well.
- During revision aim to work in 45 to 90 minute intervals.
- Track your natural energy levels throughout the day so you know when to tackle harder tasks.
- Take a break as soon as you notice your mind is losing concentration. You will then come back to your revision refreshed. Get up and go for a walk or have a healthy snack.
- Experiment with alternative revision techniques so that revision is more fun and your motivation to study is high.
- Do something completely different to recharge yourself during your exam periods.
- Plan to reward yourself for your hard work after an exam.

# PHYSICAL ACTIVITY

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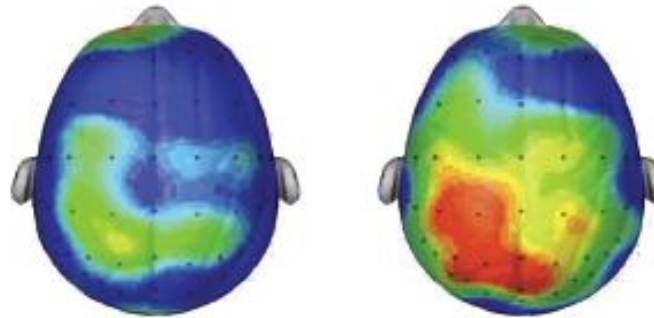
REGULAR PHYSICAL ACTIVITY IMPACTS THE BRAIN, IT...

- Boosts your memory
- Improves your concentration
- Helps reduce stress
- Lengthens attention span

PHYSICALLY  
ACTIVE  
STUDENTS HAVE  
MORE ACTIVE  
BRAINS

YOUR BRAIN  
FUNCTIONS WELL  
AFTER EXERCISE  
SO TRY CARRYING  
OUT SOME REVISION  
AFTERWARDS.

Composite of 20 student brains taking the same test



After sitting quietly

After 20 minute walk

Red areas are very active; Blue areas are least active

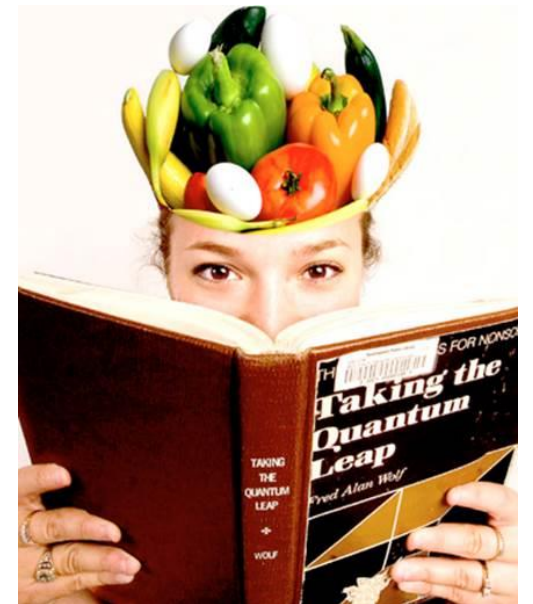
# NUTRITION

## – POWER YOURSELF TO PERFORM

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You need to fuel your body with the right foods at the right times to energise your system, improve your alertness and sustain you through long exams. The wrong food choices can make you feel sluggish, jittery, burned out and crash your energy levels.

Exams are like mental marathons so endurance is the key.



# REST AND RECOVERY

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Taking a break makes a big difference to our day to day stress management. Without a break, we risk burnout so book things in your diary which are relaxing and time-out from the norm.



# SLEEP

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## WHAT HAPPENS IF YOU DON'T GET ENOUGH SLEEP?

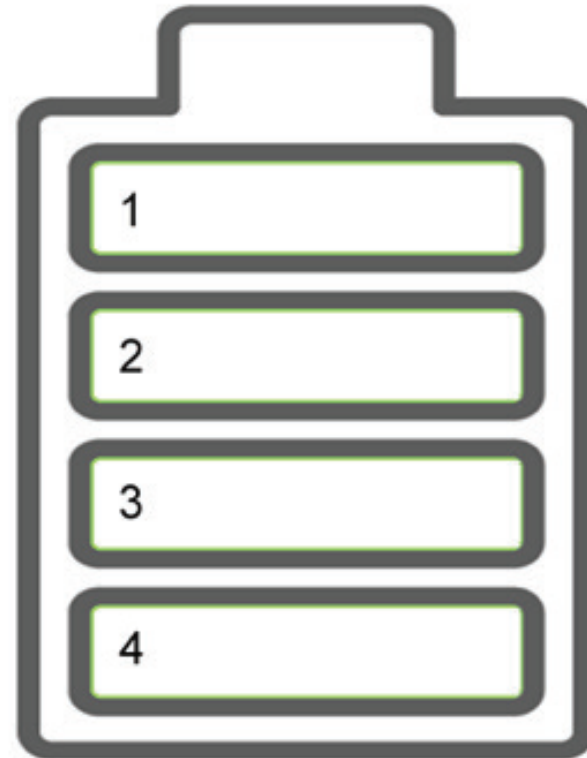
- Reduced decision-making skills
- Poorer memory
- Reduced concentration
- Reduced work efficiency
- Shortened attention span
- Reduced alertness
- Reduced awareness of the environment and situation
- Slower than normal reaction time



# TOP TIPS TO RECHARGE

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- ✓ Turn your phone off!
- ✓ Have some alone time
- ✓ Try a new hobby
- ✓ Get some fresh air
- ✓ Go for a walk
- ✓ Have a bath
- ✓ Try some yoga or stretching
- ✓ Do a 5 minute meditation
- ✓ Listen to music
- ✓ Read a book
- ✓ Watch a feel good film





# MENTAL ENERGY

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What is mental energy?

- Mood - thinking good – feeling good – performing well
- Motivation and willpower – initiative and procrastination
- Focus – effectiveness and duration
- Confidence – perception - performance

Why should you boost your mental energy?

- Accomplish more
- Feel better
- Avoid fatigue

|   |  |
|---|--|
| <b>PRODUCTIVE ZONE</b><br><b>RESULTS</b> -High concentration, effective, energetic, proactive                         | <b>PERFORMANCE ZONE</b><br><b>ACHIEVEMENTS</b> – Focused, in the flow, positive stress, fulfilment, completion   |
| <b>BURNOUT ZONE</b><br><b>TOXIC</b> – Out of control, panic, disconnected, worried, anxious, angry, fearful, reactive | <b>RECOVERY ZONE</b><br><b>ENERGISING</b> – Meditative, relaxed, regenerative, comfortable, peaceful, reflective |

# Mental energy boosting strategies

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- Staying relaxed under pressure - “good nervous.”
- Focusing on what’s important and letting go of everything else.
- Rebounding from mistakes, bad breaks and failures.
- Handling last minute self-doubts and negative thinking.
- Using mental rehearsal for upcoming performances.
- Motivating yourself by setting personally meaningful and compelling goals.
- Recognising mental traps and avoiding them.
- Developing self-confidence and a positive, go-for-it attitude.
- Watch videos of inspirational people to help you become stronger.

# STRESS MANAGEMENT

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## WHY SHOULD YOU MANAGE YOUR STRESS LEVELS?

Everyone gets stressed during exams but it's important not to let it get out of control. Some stress can be a good thing as it motivates us to work hard, can make you feel mentally alert and ready to tackle exam challenges.

However, if stress levels get out of hand, it can stop us from learning and performing at our best, so it's important to address your stress to keep it under control.

You'll be less stressed if you've got an idea of how the lead-up to your exams is going to look, so plan what you're going to study and when, and stick it up on the wall. Break it down into manageable chunks and start working through it at the rate you planned.

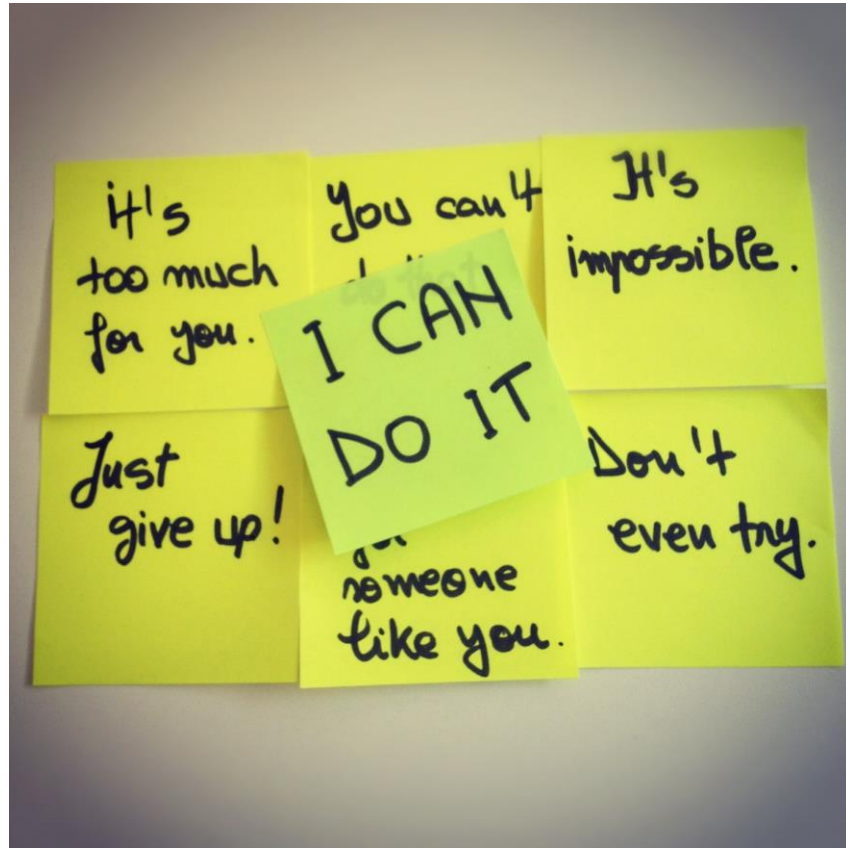
# WHAT IS EXAM ANXIETY?

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- Butterflies in your stomach
- Headaches, tiredness or shakiness
- Excessive worry about upcoming exams
- Exam fear
- Apprehension about the consequences
- Difficulty concentrating
- Inability to recall information
- Panic attacks or rapid breathing



# Stress management



## POSITIVE SELF-TALK - IT'S AS SIMPLE AS A-B-C:

**A=Activating Event** - While taking a difficult test you begin to feel physically tense.

**B=Belief** - "I know I can do this, I will do some deep breaths to re-focus myself and feel more relaxed."

**C=Consequences** - You calm yourself down, feel a lot better and feel able to complete the test.



**A** - Plan in advance what you will do when the activating event occurs.

**B** - Develop a set of positive or rational self-statements which you can practice.

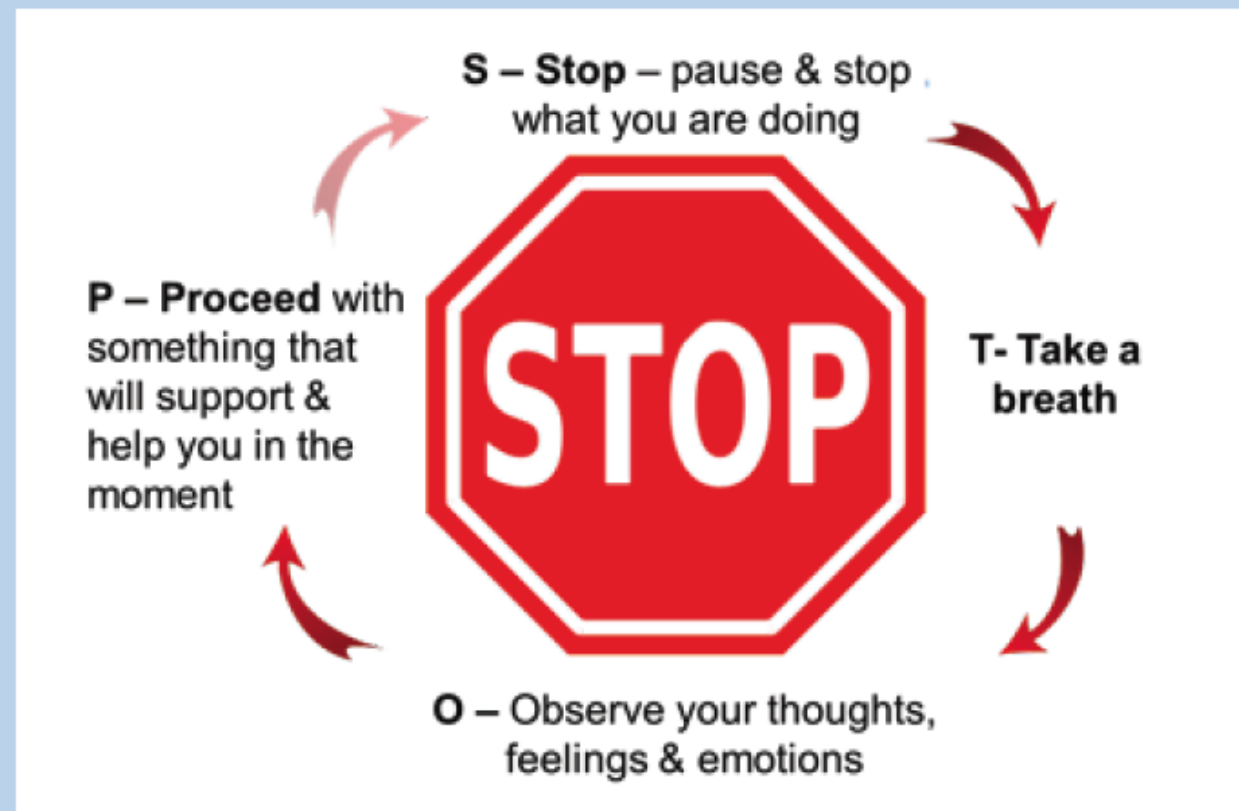
**C** - You will help calm yourself down and re-divert your energy to being more positive.

# Stress management

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## HOW TO CALM DOWN IN UNDER A MINUTE

- Breathe in through your nose and on a slow count of three.
- Push your stomach out as you breathe in.
- Breathe out through your mouth on a slow count of six.
- Repeat two more times



# STRESS MANAGEMENT

## – STRESS BUSTING PLAN

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1. Planning and priorities – write down a list of things you need to do to be fully prepared for the exam period – number them in order of priority
2. Tackling the problems – you can only control the controllable. Write down everything you can control and focus on to help you with the exam period and try to let go of the things you can't control.
3. Self-statements – write down all the statements you could use to help you when you are thinking negatively prior or during an exam.
4. Dealing with your emotions – identify any stressful situations you may face and write down a couple of strategies which you can do to help you deal with that situation better.

# How *can* I revise then?

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Everyone is different and so you all have different things that work for you.

It isn't a good idea to write out all of your notes all over again. There are so many things you can try.....



# Revision Activities

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Mind-maps

Key words – post-its

Flash Cards

Podcasts

Family and Friends Test

Flow charts

Highlight

Chant/Rap

Exam Questions and Mark  
Scheme

Write your own Q's

Mnemonics

# Need some help?

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Check out resources, links and ideas from the school website.

<http://www.stpeters.cambs.sch.uk/page/Default.asp?pid=231&action=saved>

Check out resources on the exam board websites – make sure you know which course and exam board you are following!

Talk to your teachers.

Go to the intervention sessions on offer.

# Key Dates

| <i>YEAR 10</i> |  |
|----------------|--|
| June 2017      | Year 10 Formative reports and predicted grades<br>End of Year Exams<br>Statistics, BTEC final verification |
| <i>YEAR 11</i> |  |
| Oct 2017       | Mocks  |
| Nov 2017       | Sixth Form Evening<br>Parents Evening  |
| Jan 2018       | Year 11 Reports<br>Sixth Form interviews   |
| Mar 2018       | Mocks<br>Deadline for the controlled assessments   |
| May 2018       | GCSE Exam Season begins  |
| Aug 2018       | Results Day  |

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|-----------|----------|--------|----------|--------|
| 1    |        |         |           |          |        |          |        |
| 2    |        |         |           |          |        |          |        |
| 3    |        |         |           |          |        |          |        |
| 4    |        |         |           |          |        |          |        |
| 5    |        |         |           |          |        |          |        |
| 6    |        |         |           |          |        |          |        |

My Revision planner

Monday

Tuesday

Wednesday

Week beginning - .....

**This week's Priorities:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Thursday

Sunday

Saturday

Friday