

Exam Preparation Workshop



Aims of workshop



Discuss
feelings about the
exams



Understand more
about how we feel
this in our bodies

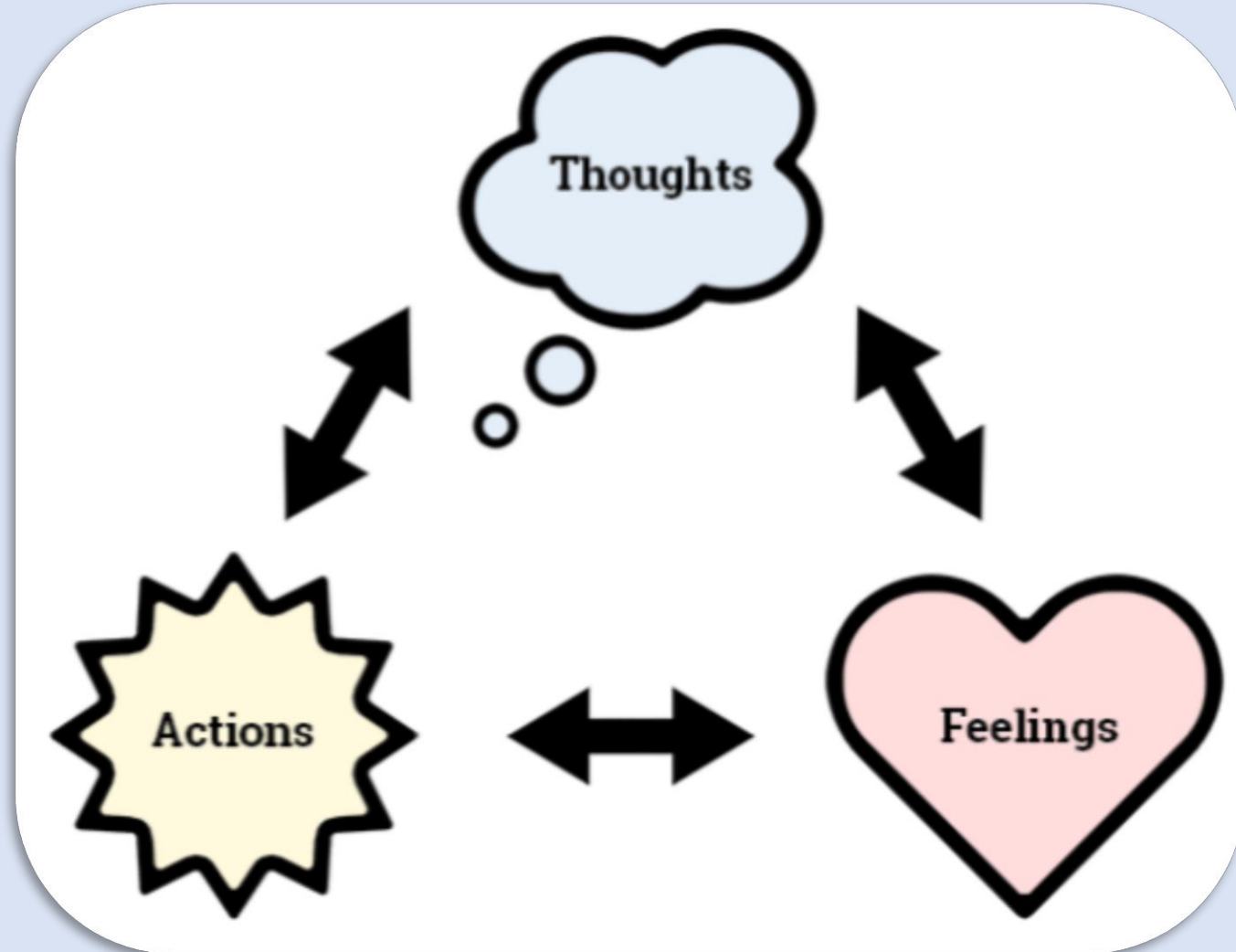


Think about
strategies that can
help us prepare
for the exams



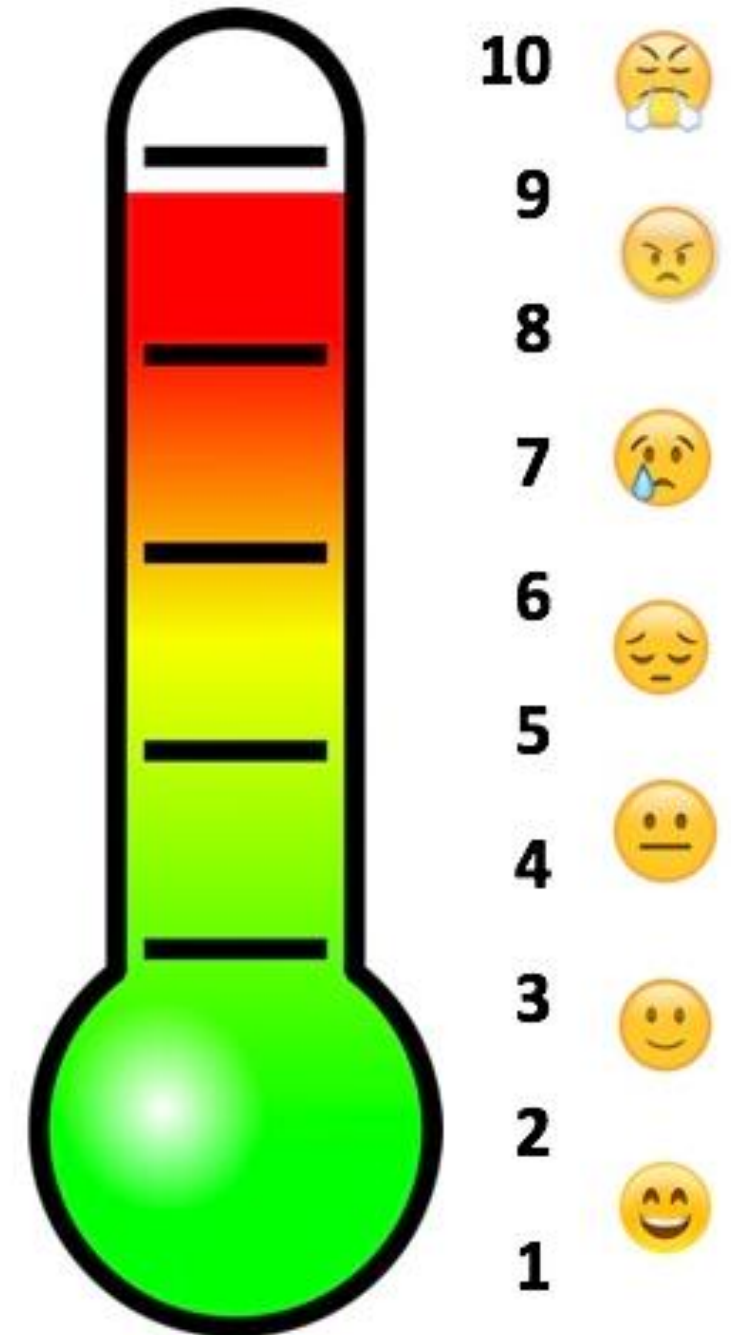
Think about how
to ask for help

Thoughts, Feelings and Actions



The Feelings Thermometer

- Helps us think about how strong our feelings are
- Stronger feelings can become intense - may affect our friendships, schoolwork and family
- Understanding our feelings better is the first step to managing them
- Helps us think of ways we can manage when things feel difficult.



Who are these people and do you think they have had to do exams?



What is anxiety?

Something we all experience! It is our body's built-in alarm system to tell us things aren't right **BUT** can be false alarms!



Our **thoughts** are often made up of worries about things going wrong or something not pleasant happening



If we are **feeling** anxious, we might feel worried, stressed, nervous, panicked, afraid. We may also feel uncomfortable sensations in our body



Sometimes anxiety stops us from **doing** what we want to

The Study Trap



THOUGHTS:


- Overestimating the danger (failure)
- Underestimating our ability to manage the exam



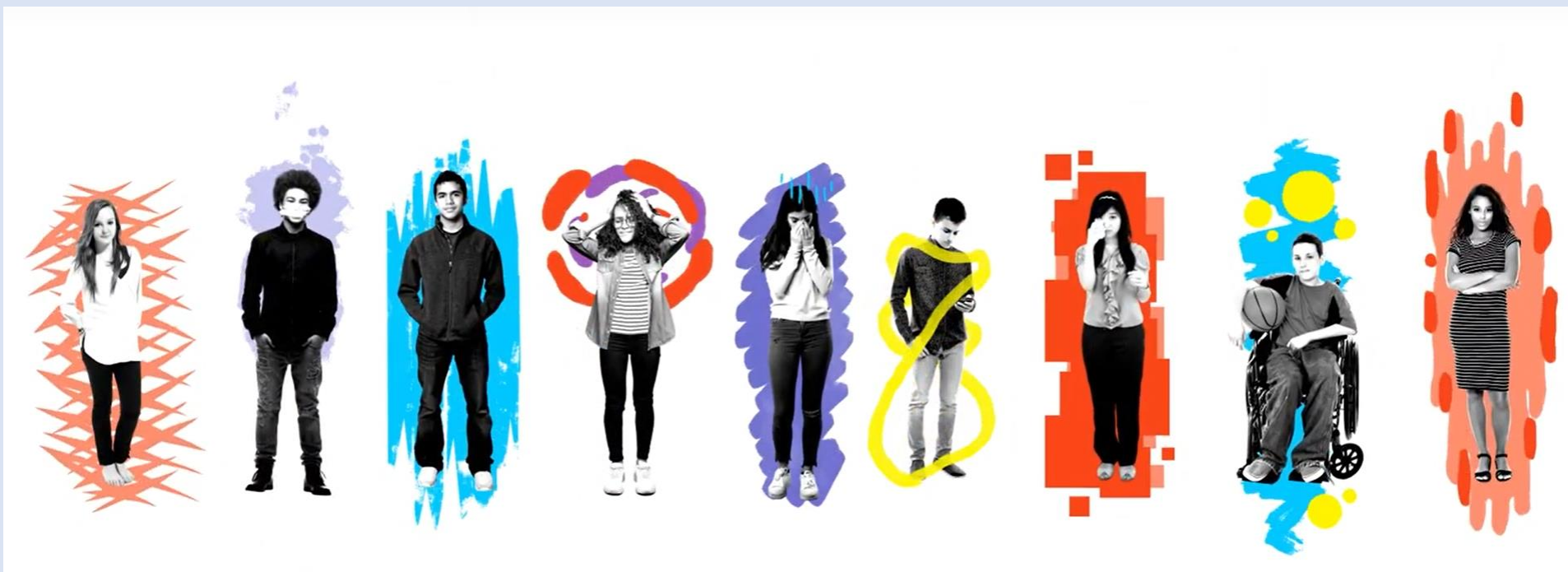
BODILY SENSATIONS

- Fight/Flight/Freeze response
e.g. heart racing, sweating, feeling sick

BEHAVIOUR:

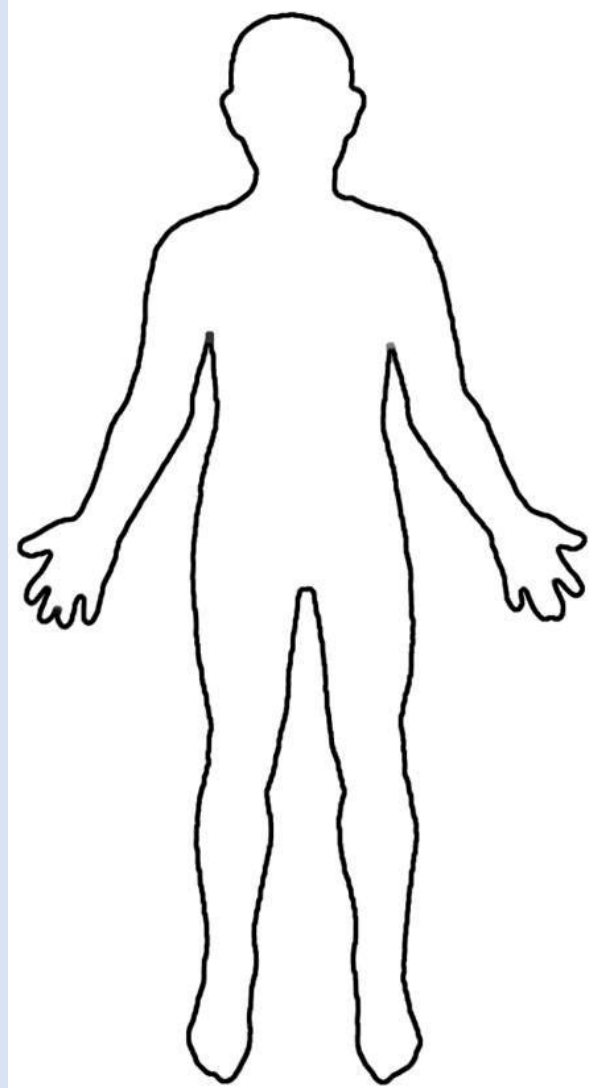
- 
- Avoiding revision
 - Procrastinating
 - Working all the time

Fight, Flight or Freeze!



<https://www.youtube.com/watch?v=rpolpKTWrp4&feature=youtu.be>

Anxiety in Our Body

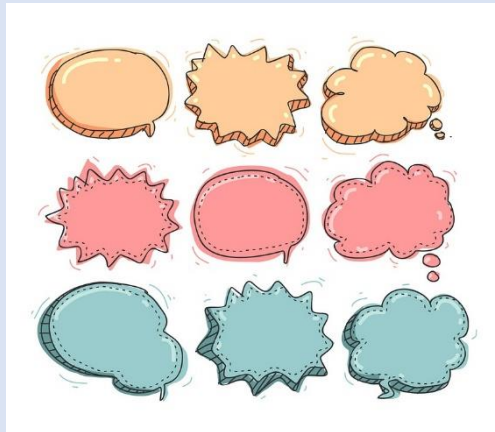


**What can we feel
in our bodies when
we are anxious?
What does this feel
like?**

Discussion – Revision Tips

What works for you and helps you to study effectively and do your best in exams?

What isn't so helpful?



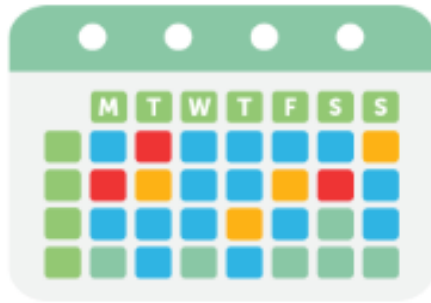
Video – Revision Tips



https://www.youtube.com/watch?v=7AgswlakjRw&feature=emb_logo

'Get Revising' Website

Create your study plan



Take the stress out of homework and exams. Tell us what you're studying and get a personalised study plan in under 5 minutes.

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Practise past papers



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Tips to help your emotions



- Talk about feelings with a trusted friend or adult
- Draw. Scribbling, doodling, or sketching your thoughts or feelings
- Is this this a worry or a problem? Is there something I could do about it?
- Could I replace the worry with a positive thought?
- What would you say to a friend who had this worry?

Positive thinking

Be your own cheerleader!

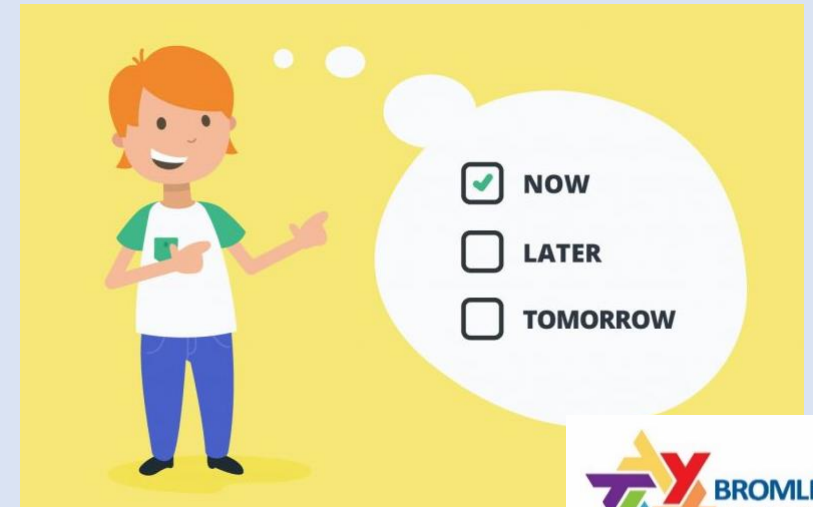


- Sometimes when we have feelings about our exams, we can pretend we are cheerleaders
- This means saying things to ourselves that are kind, loving and respectful.
- When challenges arise, we must cheer or root for ourselves as we would for a friend

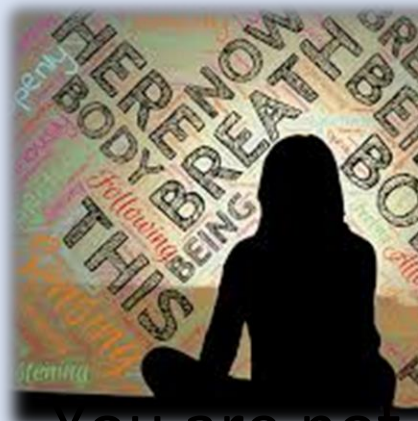
What positive things can you tell yourself?

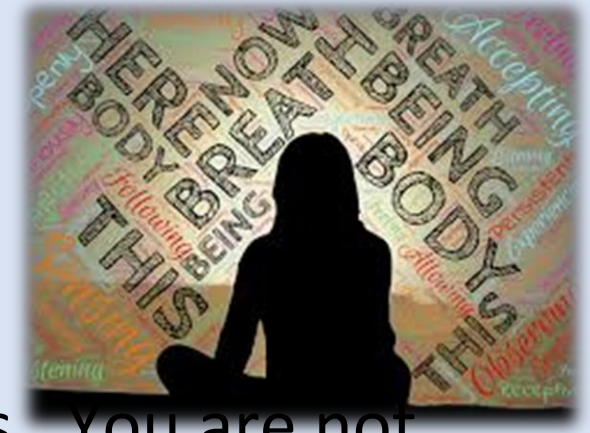
Tackling Procrastination

- ✓ Forgive yourself!
 - Punishing yourself for procrastinating will only increase stress and drive procrastination
- ✓ Set yourself up for success - break it down into short, achievable tasks (e.g. 15 minutes per task).
- ✓ Reward yourself!
- ✓ Put it in perspective – drop catastrophising!



If you feel yourself beginning to panic...

- Stop. Take a break to get yourself back into a calmer mindset
 - Grounding techniques
 - Remember that no one is paying attention to you
 - Panic is just a feeling. It cannot hurt you and it *will* pass. You are not trapped, the exam will be over soon.
 - Take some slow, **deep breaths**
- 



Deep Breathing

@journey-to-wellness-

HOT CHOCOLATE BREATH



1. HOLD YOUR HANDS OUT IN FRONT OF YOU, AS IF YOU WERE HOLDING A MUG OF HOT CHOCOLATE.
2. BREATHE IN SLOWLY, IMAGINING YOU ARE INHALING THAT WARM COCO SMELL, THROUGH YOUR NOSE.
3. GENTLY EXHALE THROUGH YOUR MOUTH, LIKE YOU WERE TRYING TO COOL DOWN THE HOT CHOCOLATE BEFORE YOU TAKE A SIP.

🔄 REPEAT - NOTICE AS YOU FEEL MORE CALM. YOU MAY EVEN NOTICE YOUR HANDS FEELING WARM.



Breathe

Breathe in



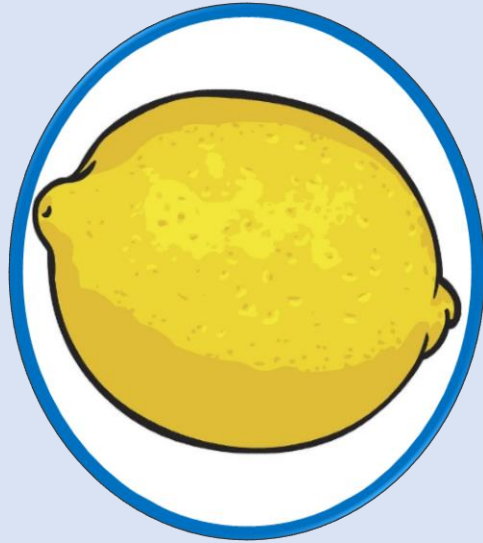
Breathe

Muscle Relaxation

Focus on a body part – squeeze/stretch/hold – relax!



Arms and
back



Hands



Stomach

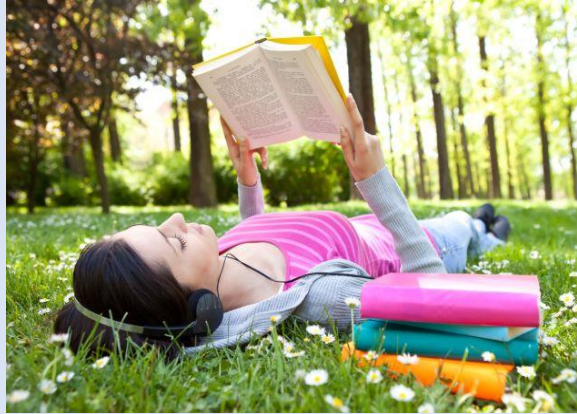


Head and
shoulders



Face

Imagining your safe space



What can
you see?



What can
you feel?



What can
you hear?



What can
you smell?



Bodily
sensations?

What are these role models doing?
How do you think this helps them relax?



Summary

Squeeze, stretch
then relax your
muscles

Imagine your
safe space

Cheer yourself
on with your new
mantra

Take deep, long
breaths in and out



Distract yourself
with something
you enjoy

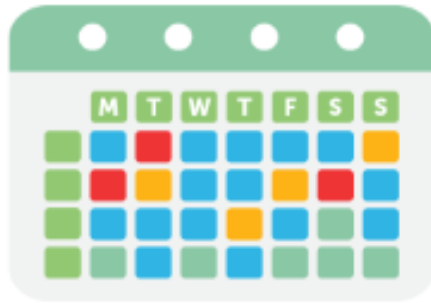
Know what
might make
you anxious,
sad or angry

*Tell a partner one new thing you
learnt today and one strategy you
are going to try*

Label your
feeling and talk
to someone

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Next Steps

Where to get help?

If you are experiencing difficult feelings and need to talk to someone, you can talk to...

- Parents/Family
- Form Tutor/Head of Year
- School Pastoral Staff
- School Wellbeing Service
- ChildLine

