

Year 11: GCSE revision



NATIONAL
CHURCH OF ENGLAND
ACADEMY

Coping with exam stress

- if you're feeling stressed, get away from your revision base for break, preferably outside. Try and do some exercise to help focus your mind elsewhere;
- Set aside time to meet up with friends where you're not revising;
- Ensure you create breaks within your revision timetable;
- Try and keep up with your hobbies, sports, etc;
- Make sure you take care of yourself mentally and physically by eating and sleeping well.

DON'T

- Revise late into the night before an exam – you'll just end up tired and unfocused the next day;
- Revise for hours without a break . Your mind needs breaks in order to properly digest the information;
- Give up and think it's not worth it! Even if you've not started revising yet, a few hours a key question/topic can make all the difference.

