



# Mental Health and Wellbeing

The purpose of this session is to:

- Equip students with a range of practical solutions that will help maintain positive mental health throughout the exam season.
- Explain the benefit of a revision timetable and how to write one.

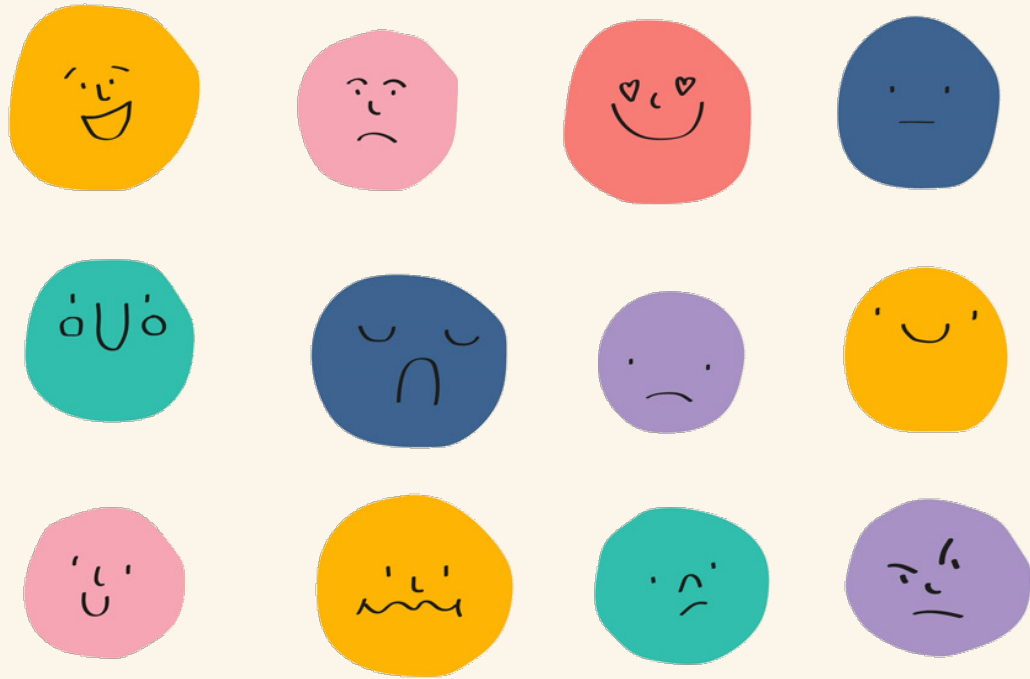


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26/09/2025

# How are you feeling about exams?



It is normal to feel a whole host of emotions and feelings when it comes to thinking about and preparing for exams.

Recognising how you are feeling can help you to manage levels of stress and anxiousness.

# A little stress can be positive!

As you may already have experienced, stress can be overwhelming and difficult to manage. However, it can also motivate us into action and make us more resilient.

**“Sometimes, a small amount of stress can help us to complete tasks and feel more energised” – Mind**



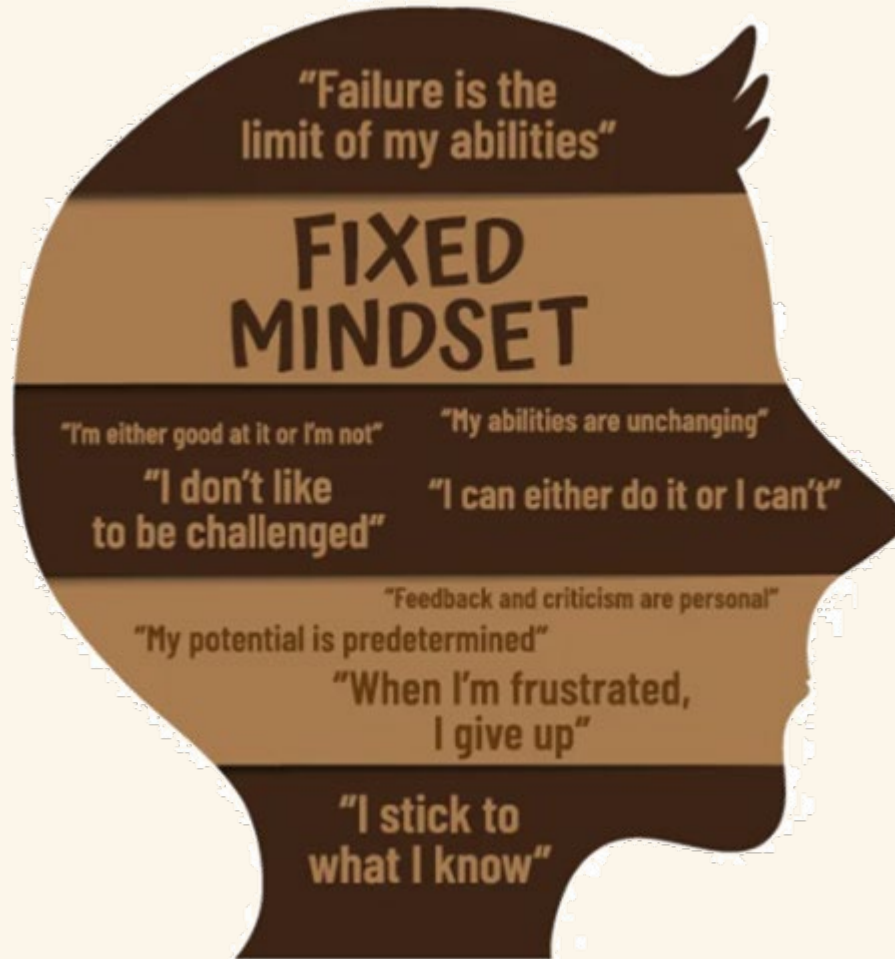
# A little stress can be positive!

Psychiatry UK suggest that how we deal with stress can be linked to our mindset.

“A positive growth mindset will encourage us to seize the day and learn from our experiences. It will help us focus on constructive feedback, learn from mistakes and enjoy being faced with challenges.

A fixed mindset will not be open to any of the above and could fan the flames of stress.”

# Fixed v Growth Mindset

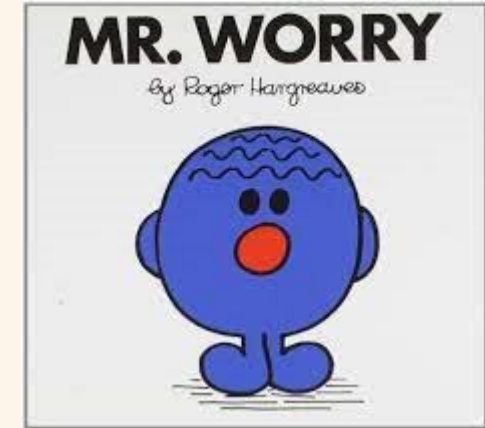


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# What can trigger stress?

- Leaving revision until the last minute.
- Trying to revise without a plan for revision.
- Fear of failure.
- Worrying about the future.
- Pressure from yourself/others to attain certain grades.
- Not sleeping well/enough.
- Having difficulties at home or in relationships.





# How can stress be positively managed?

- Creating and using a revision timetable.
- Scheduling down time and fun things to do.
- Asking for help in school and at home.
- Speaking to older siblings/parents/friends.
- Prioritising sleep, healthy eating and exercising
- Accessing online websites for support.
- Keeping an eye on the bigger picture!

# Creating a Revision Timetable



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# The Learning Scientists

The Learning Scientists are cognitive psychological scientists whose research focuses on the science of learning.

They have come up with '**six strategies for effective learning**', two of which link to revision timetables!



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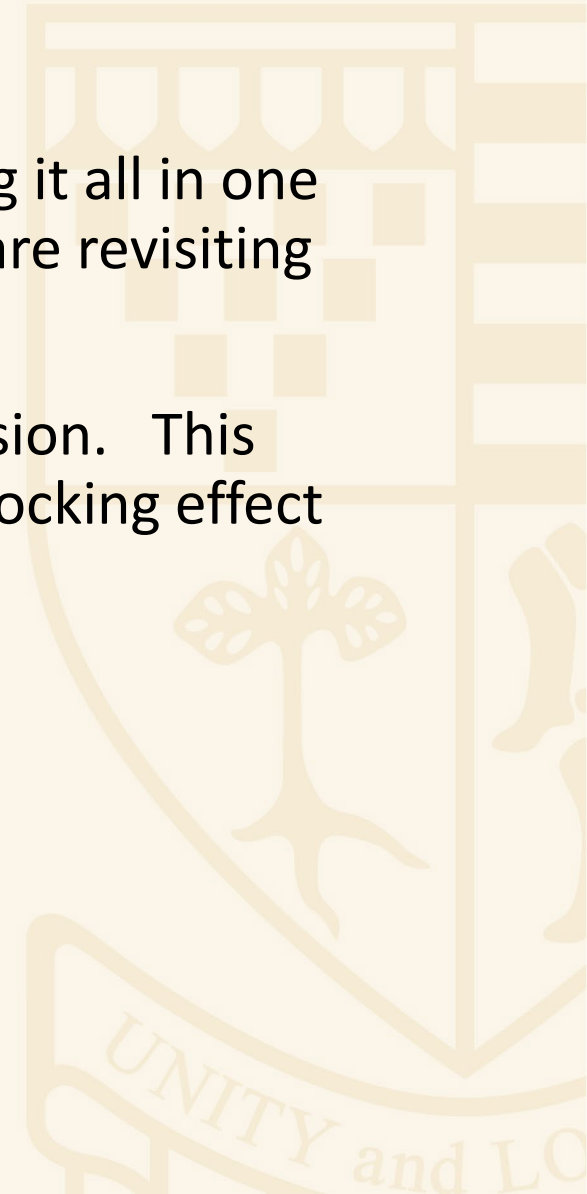
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For more information, visit:  
[www.learningscientists.org](http://www.learningscientists.org)

# Key Learning Principles

**Spaced Practice** – spreading a topic over different sessions, not doing it all in one go. This helps knowledge to become more embedded because you are revisiting material more frequently.

**Interleaving** – moving between different topics during a revision session. This helps knowledge to become more embedded because it stops the blocking effect and helps distinguish differences between the topics.



# Long- and Short-term Planning

## Long term –

Month by month, look at what your ‘non-negotiables’ are and put those onto your calendar.

Put your exams onto the calendar and use this to help your planning.

22	23	24	25 Revision evening	26	27	28
29	30	01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26



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# Long- and Short-term Planning

## Shorter term –

Once you've got your monthly guide sorted, you can look at what to do each week.

Time slots will help you to focus.

Time	Mon	Tues	Weds	Thurs	Fri	Time	Sat	Sun
08.30-16.00	School	School	School	School	School	09.00-11.00	Up & org	Up & org
16.00-17.00	Hwk	TV / gaming	Hwk	TV / gaming	Hwk	11.00-13.00	Eng	Sci
17.00-18.00	Dinner	Dinner	Dinner	Dinner	Dinner	13.00-15.00	Friends	Sport
18.00-19.00	Option A	Hwk	Option B	Option C	Option D	15.00-17.00	Maths	Flash cards
19.00-20.00	Maths	Eng	Sci	Hwk	Free	17.00-19.00	Dinner / Free	Dinner / Free
20.00-21.00	Free	Free	Free	Free	Free	19.00-21.00	Free	Free



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# Long- and Short-term Planning

## Shorter term –

English is worth 2 GCSEs and science is worth 2 or 3 GCSEs (combined or separate), so you should spend more time on these to ensure you are well prepared.

Some of the ‘free’ time might be a buffer slot – a spare in case plans change.

Time	Mon	Tues	Weds	Thurs	Fri	Time	Sat	Sun
08.30-16.00	School	School	School	School	School	09.00-11.00	Up & org	Up & org
16.00-17.00	Hwk	TV / gaming	Hwk	TV / gaming	Hwk	11.00-13.00	Eng	Sci
17.00-18.00	Dinner	Dinner	Dinner	Dinner	Dinner	13.00-15.00	Friends	Sport
18.00-19.00	Option A	Hwk	Option B	Option C	Option D	15.00-17.00	Maths	Flash cards
19.00-20.00	Maths	Eng	Sci	Hwk	Free	17.00-19.00	Dinner / Free	Dinner / Free
20.00-21.00	Free	Free	Free	Free	Free	19.00-21.00	Free	Free



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# Long- and Short-term Planning

## Short term –

Split your subject sessions into topics.  
The specification will help you to identify  
different topics and sections.

Time slots will help you to focus.

18.00-19.00	18.00-18.25	Option A – Topic 1, section 1
	18.25-18.30	Quick break
	18.30-18.55	Option A – Topic 1, section 2
	18.55-19.00	Quick break
19.00-20.00	19.00-19.25	Maths – Topic 1, section 1
	19.25-19.30	Quick break
	19.30-19.55	Maths – Topic 1, section 2
	19.55-20.00	Quick break



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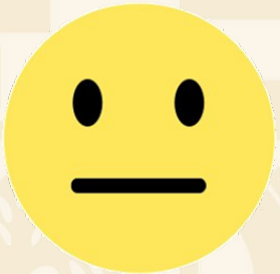
# Creating your Plan: Top Tips

- Plan in your free time first so that you have time to rest and decompress. Have something to look forward to – doing something you enjoy or a treat.
- Keep your routine going – have a set wake-up and bedtime.
- Don't overload the timetable – make sure it is realistic. The timetable is not designed to add to your stress, so you want to be able to tick things off as you go.
- Divide your time fairly between different subjects.



# Creating your Plan: Top Tips

- When working out what topics to revise and when, you may find it helpful to RAG rate subject specifications. You can then start with topics in each subject that you find most difficult so you have more opportunities to come back to them.
- Allocate a topic to each revision session or make a list of what needs to be done and tick it off as you go along.
- If you prefer working digitally, use a timetable app to help get you start, such as <https://getadapt.co.uk/> ... BUT, don't let using your device be an excuse to keep checking it when you should be focused!



# Still feeling a bit stuck? AI could help...

## Top Tips:

- Include a time frame (6 months)
- Include realistic expectations
- Check the specification that you are using
- Include the tier of entry
- Don't forget to alter this if you want more detail

## Prompt example:

Create a 6-month revision plan with 2 hours per week for the whole GCSE AQA Separate Science specification. Alternate between biology, chemistry and physics, covering all content from paper 1 and 2 for the higher tier. Use retrieval practice throughout. Add all required practicals.

- It is not perfect, but it is a starting point when lost
- Double-check against the specification to ensure nothing is missed
- It can provide exam questions and mark schemes
- This is NOT to be used for coursework

# The Digital World is Designed to Be Addictive...

You can use apps to block distractions so you can get your work done.  
Block what you want, when you want, and be more productive.



# Problems ... Solutions?

Problems	Solutions
I don't know where to start.	
I spent ages creating a timetable, now I've missed a day and I need to start again.	
I can't keep to my plan and I'm getting stressed out.	
I'm procrastinating and am hoping revision will go away.	

# Maintaining a Healthy Lifestyle



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# Sleep, Eat, Exercise, Repeat



The National Sleep Foundation recommends GCSE students get around 9 hours sleep a night, with research suggesting a strong correlation between getting a good night's sleep and achieving good exam results!

The Sleep Foundation define a bedtime routine as “a set of activities you perform in the same order, every night, in the 30 to 60 minutes before going to bed”.

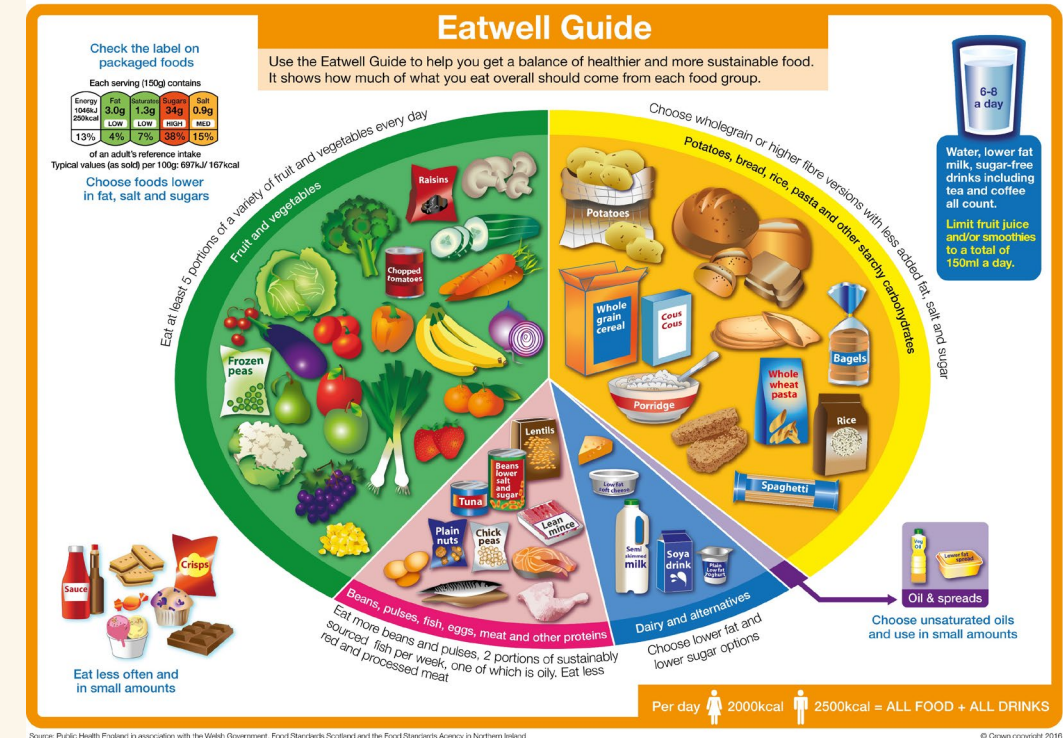
<https://www.sleepfoundation.org/sleep-hygiene/bedtime-routine-for-adults>

# Sleep, Eat, Exercise, Repeat

The NHS Tips for Healthy Eating and the Eatwell Guide are two tools that are advisable to follow to ensure you stay healthy.

One of the NHS Tips is 'Don't Skip Breakfast'. Before sitting an exam, and on days when you are revising, breakfast is important to kickstart your energy for the day. Plan what you will eat in advance!

Staying hydrated is also really important to improve sleep quality, cognition and mood. The Eatwell Guide recommended 6-8 glasses a day.



[NHS 8 Tips for Health Eating](#)



# Sleep, Eat, Exercise, Repeat

Exercise can help boost energy levels, clear the mind and relieve stress. It does not matter what it is – walking, cycling, swimming, football, dancing – all exercise is effective!

The NHS recommends that young people aged 5 to 18 should:

- aim for an average of at least 60 minutes of physical activity a day across the week.
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones.
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity.

# Asking for Help

If you have any questions or worries about exams, or if you're feeling stressed or overwhelmed, it's important you talk to someone. Remember, you won't be alone in how you are feeling. There will likely be lots of other students feeling the same way! We're in this together.

Speak to a teacher or your tutor, a parent, a sibling or another family member. We are all here to help and are with you every step of the way!

If you don't feel comfortable talking, send a message or write it down. It's okay to start small and say, 'I'm not finding things easy or I'm not having a good day'.



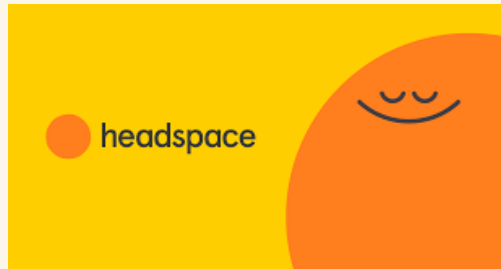
**I have asked for help at school from teachers, and they have been an excellent source of help. Some subjects also have after-school revision sessions, which I find really helpful.**

# Online Websites for Support

Mind



Focussing during exams



Support during exams



Help your child beat exam stress

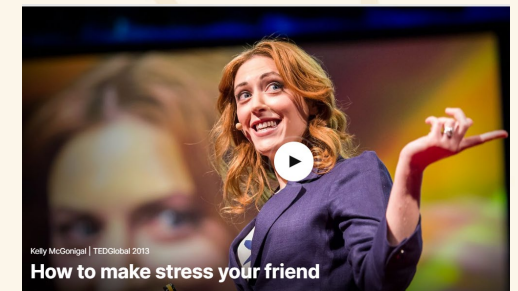


**BITESIZE**

Revision Timetables and Planning



Beating exam stress



How to make stress your friend

# The Bigger Picture

The next few months are going to feel busy and stressful. BUT, keeping your mind focused on what you are working towards will keep you going.

**You've got this!**

**Success is the sum  
of small efforts,  
repeated day-in  
and day-out.**

Robert Collier

**Satisfaction lies in the  
effort, not in the  
attainment. Full effort is  
full victory.**

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