



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.

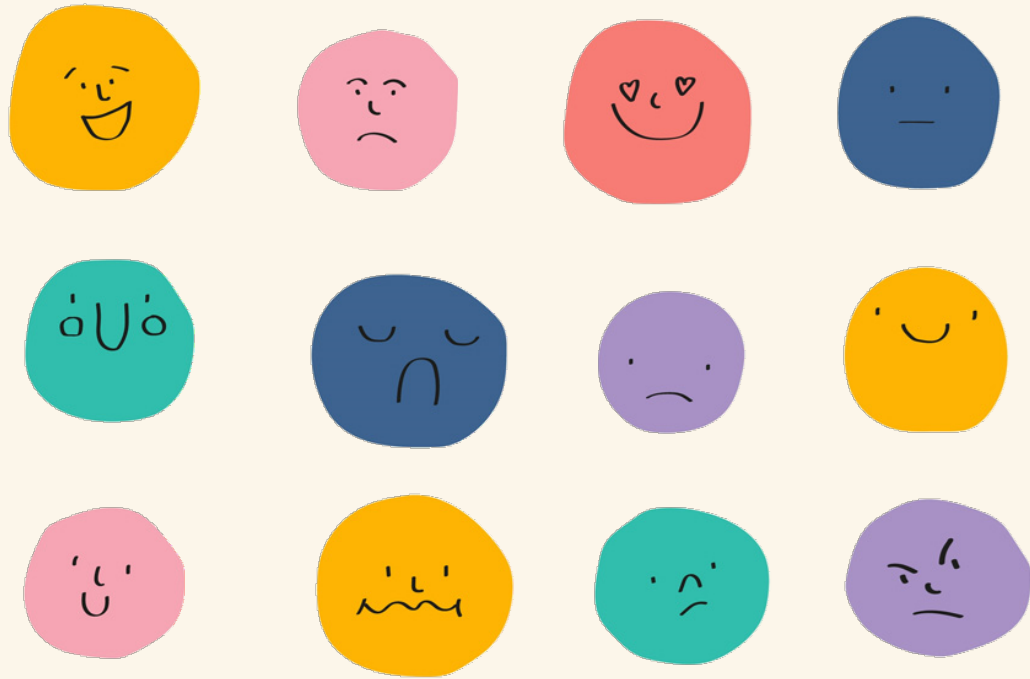


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24/11/2023

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.

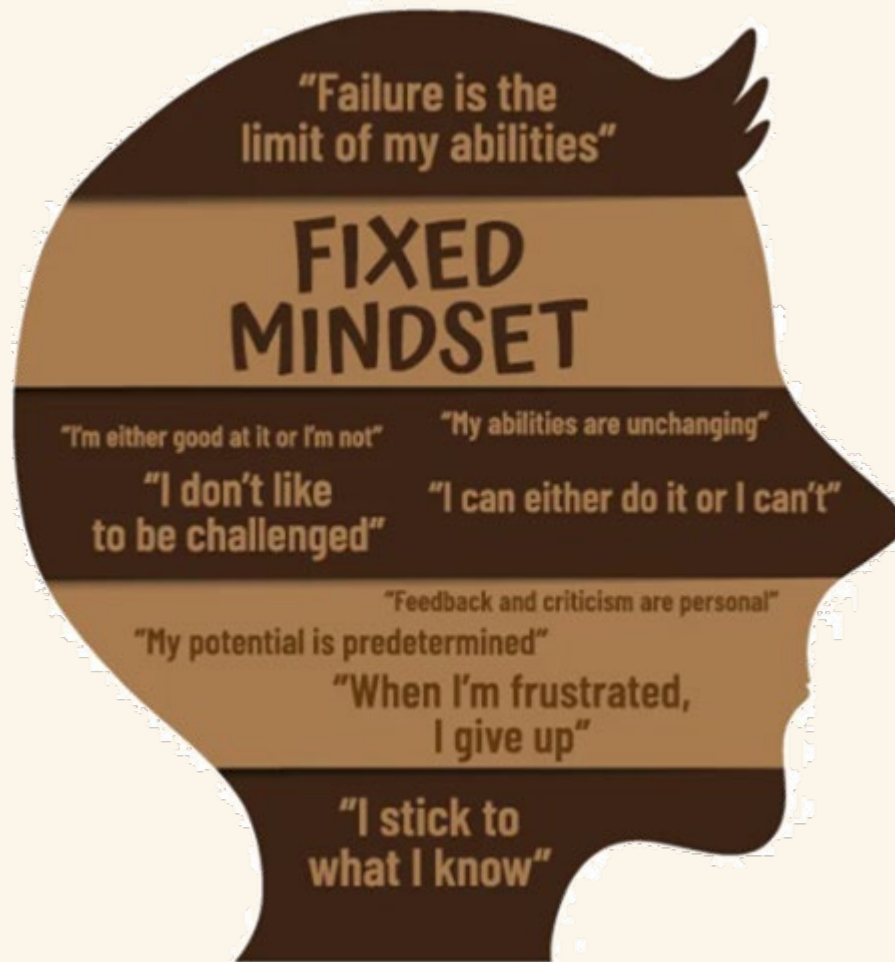
“Sometimes, a small amount of stress can help us to complete tasks and feel more energised” – Mind.

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.”

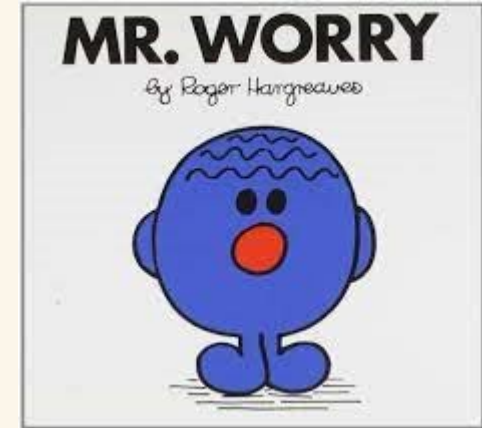


Fixed Vs Growth Mindset



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

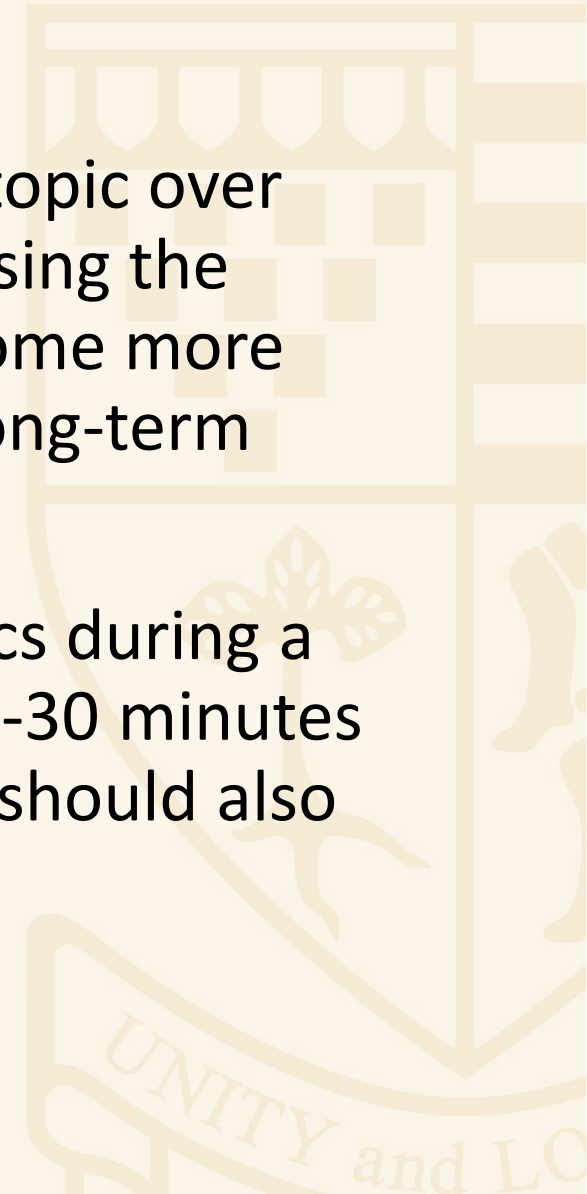
The Learning Scientists are cognitive psychological scientists whose research focuses on the science of learning.

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



Key Learning Principles

- **SPACED PRACTICE** is when you spread the learning for a topic over different revision sessions rather than spending time revising the whole of one topic in a day. This helps knowledge to become more embedded (and should be considered when planning a long-term revision timetable).
- **INTERLEAVING** is when you move between different topics during a revision session to improve productivity, e.g. spending 20-30 minutes revising a topic before moving on to a different one. This should also be considered when planning your revision timetable.



Two Approaches

- You can take one of two approaches to revision timetables – you may even want to use both!
- You could create a weekly planner/timetable to structure your time, breaking it down into time slots to focus on different subjects throughout the week. This approach helps with interleaving.
- AND/OR, you could create longer term plan to show exactly what you will focus on each day, ensuring that all topics are covered across your subject areas. This approach helps with space practice.

WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:30AM-4PM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	9AM-10AM	BREAKFAST/SHOWER	BREAKFAST/SHOWER
4PM-5PM	HOMEWORK	TV/GAMING/SOCIAL MEDIA	HOMEWORK	TV/GAMING/SOCIAL MEDIA	HOMEWORK	10AM-11AM	REVISION - ENGLISH	REVISION - SCIENCE
5PM-6PM	DINNER	DINNER	DINNER	DINNER	DINNER	11AM-1PM	SEEING FRIENDS/ LUNCH	SPORT/ LUNCH
6PM-7PM	REVISION - GEOGRAPHY	HOMEWORK	REVISION - HISTORY	REVISION - FRENCH	REVISION - SCIENCE	1PM-3PM	REVISION - MATHS	REVISION - FLASH CARDS
7PM-8PM	REVISION - MATHS	REVISION - ENGLISH	FREE TIME	HOMEWORK	FREE TIME	3PM-5PM	OUT WITH FAMILY	SPORT/ TV/ GAMING
8PM-9PM	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	6PM-8PM	DINNER/ FREE TIME	DINNER/ FREE TIME

JANUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Printable Calendars From [123Calendars.Com](https://www.123calendars.com)

Weekly Planner

- Weekly revision planners/timetables help break your study time up into manageable chunks.
- They also give each day a clear structure, which can help alleviate stress and help you stay focused.
- Research suggests that study sessions should be 20-25 minutes long, with a short break in between. Two subjects / topics can therefore be looked at each hour.
- After your distraction time, you re-focus your attention with another round of focused studying.

WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:30AM-4PM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	9AM-10AM	BREAKFAST/SHOWER	BREAKFAST/SHOWER
4PM-5PM	HOMEWORK	TV/GAMING/SOCIAL MEDIA	HOMEWORK	TV/GAMING/SOCIAL MEDIA	HOMEWORK	10AM-11AM	REVISION - ENGLISH	REVISION - SCIENCE
5PM-6PM	DINNER	DINNER	DINNER	DINNER	DINNER	11AM-1PM	SEEING FRIENDS/LUNCH	SPORT/LUNCH
6PM-7PM	REVISION - GEOGRAPHY	HOMEWORK	REVISION - HISTORY	REVISION - FRENCH	REVISION - SCIENCE	1PM-3PM	REVISION - MATHS	REVISION - FLASH CARDS
7PM-8PM	REVISION - MATHS	REVISION - ENGLISH	FREE TIME	HOMEWORK	FREE TIME	3PM-5PM	OUT WITH FAMILY	SPORT/TV/GAMING
8PM-9PM	FREE TIME/SHOWER	FREE TIME/SHOWER	FREE TIME/SHOWER	FREE TIME/SHOWER	FREE TIME/SHOWER	6PM-8PM	DINNER/FREE TIME	DINNER/FREE TIME

My Revision Timetable

Name: _____
Week Beginning: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30-45 mins	Science	English	Maths	PD	Science	PD	Science
30-45 mins	Science	Geog	Maths	English	Geog	English	Maths
30-45 mins	SPM	Science	Science	Science	Maths	Maths	PD

Use your subject Learning Checklists and Topic to Success to populate your revision. Print off the PPD before half term that you will need, download the [resources](#) at home.

8am-10am					Product Design coursework		
9am-10am					Product Design coursework		
10am-11am							
11am-12pm							
1pm-2pm							
2pm-3pm							
3pm-4pm	Spanish intervention	College Interview					Science 1 hour
4pm-5pm		English study club	Magritte 1hour			CRS revision	Science
5pm-6pm		Service 1hour		CRS revision	English Tutoring	English	Maths
6pm-7pm	CRS revision	CRS revision	CRS revision	Science	CRS revision	Maths	
7pm-8pm	Science	Geog	Maths		Science		
8pm-9pm	English	Science	Science		Maths		
9pm-10pm							

Weekly Planner

When developing your plan:

- Factor in down time, including before you go to bed so your brain can switch off.
- Have a set wake-up and bedtime so that you are in a good routine.
- Make sure your plan is realistic. Don't overload it – make sure it is something you can stick to!

Are you productive in the morning? Could you factor some revision in before school? Or will you be more productive after-school?

Name _____
Week Beginning _____

My Revision Timetable							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30-45 Mins	Science	English	Maths	PD	Science	PD	Science
30-45 Mins	Science	Geog	Maths	English	Geog	English	Maths
30-45 Mins	MM	Science	Science	Science	Maths	Maths	PD

Use your subject Learning Checklists and Topic to Success to populate your revision. Print off the PPD before half term that you will need, download the ~~resources~~ of home

8am-9am					Product Design Homework		
9am-10am					Product Design Homework		
10am-11am							
11am-12pm							
1pm-3pm							
3pm-3pm							IL
3pm-4pm	Spanish Intervention	College Interview				IL	Education Hour
4pm-5pm		English study club	Hegarty Hour	IL		CRS revision	Science
5pm-6pm		Seneca Hour		English	English Tutoring	PD	Maths
6pm-7pm	IL	IL	IL	Science	IL	Maths	
7pm-8pm	CRS revision	CRS revision	CRS revision		CRS revision		
8pm-9pm	Science	Geog	Maths		Science		
9pm-10pm	English	Science	Science		Maths		
10pm-11pm							

Longer Term Plan

- Longer term plans are useful to plan your time over a longer period.
- Using specifications, you can plot out when you will revise the different topics you need to learn in your different subject areas. You could also factor in exam practice.
- You can also note when your exams will be, and any upcoming events (including rewards!) / chill days where you will have some study-free time.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20 School days	21	22	23	24	25	26
			Revision Evening			
27	28	29	30	1 st Dec	2	3
No School						
4	5	6	7	8	9	10
11	12	13	14	15	16	17
				End of Term		
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Creating your Plan: Top Tips

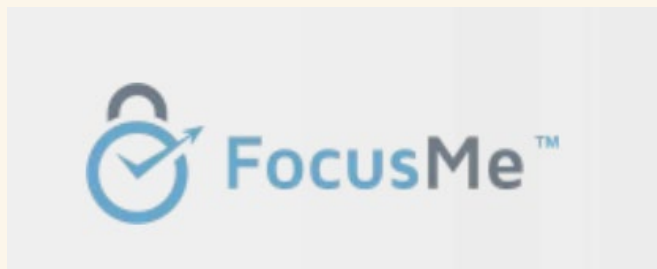
- Plan in your down / chill time first so that you have time to rest and decompress. Make sure you find time to do what you enjoy!
- Divide your time fairly between different subjects (see next slide).
- When working out what topics to revise and when, you may find it helpful to RAG rate subject specifications. 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.
- Don't let the timetable add to the stress! Use it as a guide to help you manage your time.
- If you prefer working digitally, use a timetable app to help get you start, such as <https://getadapt.co.uk/>. BUT, don't let your timetable being on your device be an excuse to keep checking it when you should be revising!



Fact: 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.



Creating your Plan: Dividing your Time

1. English
2. English
3. Maths
4. Science
5. Science
6. Option 1
7. Option 2
8. Option 3
9. Option 4
10. Buffer

English is worth 2 GCSEs and science are worth 2 or 3 GCSEs depending on if you are studying combined or triple science, so you should spend more time on these to ensure you are well-prepared.

A buffer slot can be used as a spare in case your plans change or something takes longer than you'd hoped.

Problems + Solutions

Problems
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.

How can you
overcome these
problems?

Maintaining a Healthy Lifestyle



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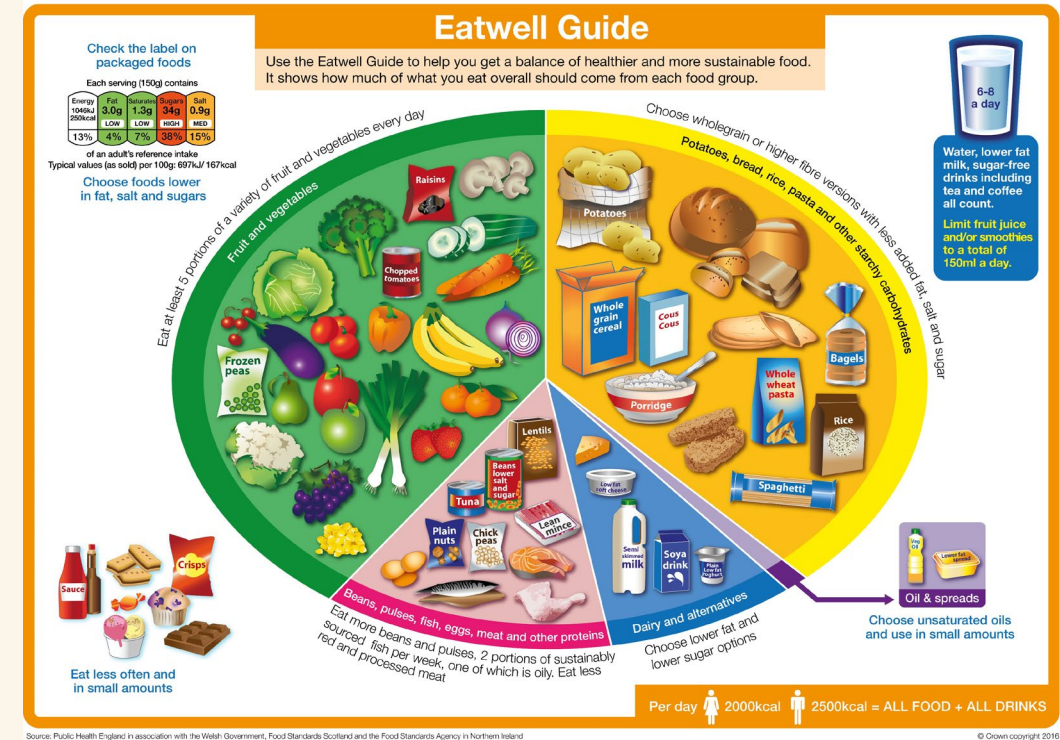
Sleep, Eat, Exercise, Repeat



- 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”.
- The following link suggests ways to achieve a successful bedtime routine:
<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.



LINK: [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'.

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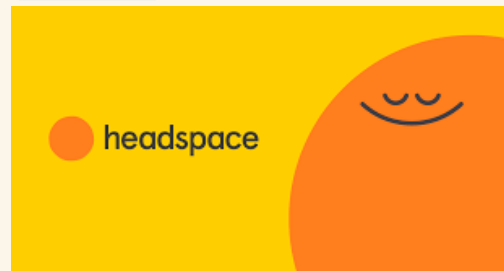
I have asked for help at school from teachers, and they have been an excellent source of help. Some subjects also have after-school revision sessions, which I find really helpful.

Online Websites for Support

Mind



Focussing during exams



Support during exams



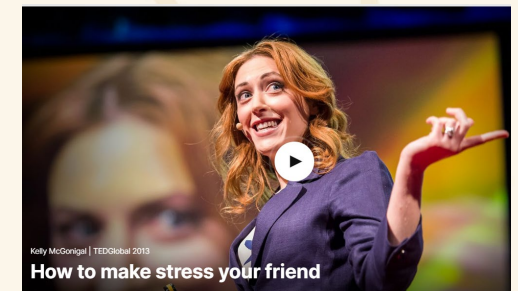
Help your child beat exam stress



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.**

MAHATMA GANDHI



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