



Year 10 Exam Countdown

GCSEs 198 School Days

A definition of insanity



- Repeatedly doing the same things over and over again and expecting a different result
- So if you want a different result you have to make some big changes.
- How do you learn?
- What can we learn from how we learn sport or how to play an instrument?
- How did David Beckham learn to score goals?

Can we achieve the impossible?



- ▶ Roger Ban clip
- ▶ <http://uk.youtube.com/watch?v=7-padnN66Wo&feature=related>

What do you want to find when you
open your results in the summer?



So how are YOU going to achieve that (im)possible dream?



- First some tips.....





National FRC Mental Health
Promotion Project

MANAGING EXAM STRESS

Stress levels can be higher than usual around exam time. While a bit of stress can help you to stay motivated and focused, too much can be unhelpful, overwhelming and exhausting. If it all seems to be getting too much, there are things you can do to keep calm.

KEEP A ROUTINE AND TAKE REGULAR BREAKS



It's important to have regular study breaks and make time for relaxation and exercise. Going for a walk, run, or to the gym is not a waste of time. It's a great way to clear your head and can help you refocus.

MANAGE EXPECTATIONS



External pressures around exams can be huge. These can be hard to deal with, especially with family and people you respect. You need to remember that it's your life and your exam, with you in control.

Tips to help you manage expectations

- Base expectations on your past performance and doing the best you can do.
- Put the exam in context. In the overall scheme of things, how important is it?
- Use the expectations of yourself and others to assist your studying.

If you don't do as well as you'd hoped there are always alternatives. It's not going to dictate whether you are a good or a bad person, or whether you are a success or failure. Exams can't measure these sorts of things. All they measure is how well you can present the material asked for by the examiner. They are nothing more, nothing less.

If you need to talk to someone outside the situation, you can call:

CHILDLINE - 1800 66 66 66
SAMARITANS - 116 123

LIMIT CAFFEINE



Caffeine and energy drinks can give you a short lift. But they're not good for you in the long term. They can make you feel sick and can interfere with your sleep and your ability to concentrate. You study better with regular breaks. Getting lots of sleep and exercise are also important.

LOOK AFTER YOURSELF



It's easy to let exams get on top of you and to forget to look after yourself. If possible, try to get a good night's sleep. It's a good time to make an effort to eat healthily, and get regular exercise to clear your mind and relieve stress.

ASK FOR AND ACCEPT SUPPORT



If you're feeling overwhelmed, you might find it helpful to talk to a teacher, lecturer or counsellor. It's also important to ask for, and accept, support from others. This support might be practical, like picking you up from the library. It could also be emotional support, including advice or help.

OPTIONS FOR THE FUTURE



If you are doing the leaving cert, getting the marks for your first preference is great. But it's not the end of the world if you don't. There are other options. It may mean deferring and getting some practical experience or doing further study. You might consider retaking some subjects, or transferring in after a year or two. If you do accept another offer, you may find it suits you better.

LEAVE THE STRESS IN THE EXAM HALL



There's always a light at the end of the tunnel. Exams have a beginning and an end, and the stress that goes along with them should end with the exam. Once the paper's in, there's nothing more you can do about it. You should just try to relax afterwards.



In a nutshell

- ▶ Routine
- ▶ Sleep pattern
- ▶ Diet
- ▶ Well being/ talk to someone
- ▶ Preparation
- ▶ Know where you are sitting
- ▶ Let it go





Procrastination



Do you sit there and wonder which cup to have a drink in and which pen is best to use?
Then count that as revision?



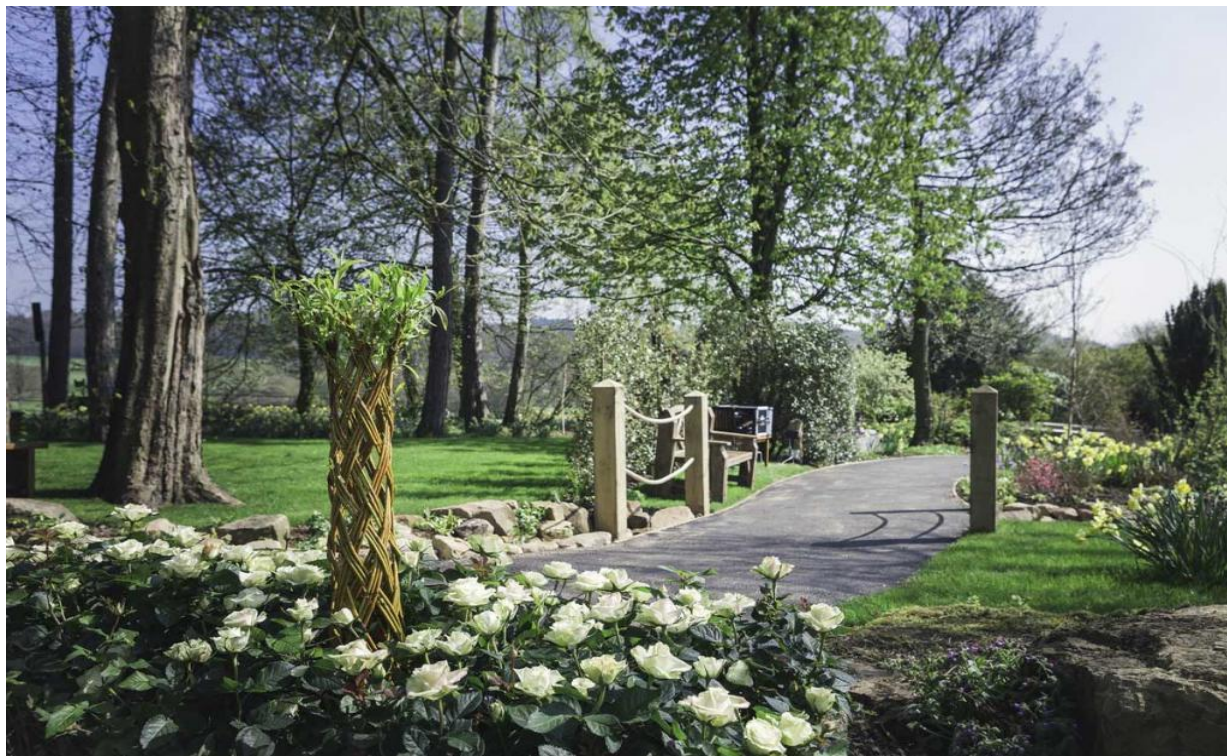
Making mistakes

- One of the most effective ways of learning
- In sport and music, making mistakes and correcting them is called practice
- Learning is simply a process of making mistakes, finding out what you don't know and correcting
- In the sport of taking exams when do you get the chance to make mistakes and learn how to correct them?
- Mistakes tell you that that you don't know something that you need to know and then you can address this yourself or with help

The quotes that prove our point!



- ▶ ‘It felt just like the mocks, I was relaxed.’
- ▶ ‘The timetable reduced the time I sat doing nothing, thinking what I should do, counting it as revision time!’
- ▶ ‘I felt so less tired, just from eating properly.’
- ▶ ‘I have never had so much sleep, it helped me concentrate.’
- ▶ **Year 11 GCSE Exams 2023**



PROM July 2024
Its getting closer!
170 at the moment!



Believe In Yourself

It is time to live in the now.
Not what could have been and not
What might be. It is time to say
What will I do today to change things.
Do it everyday...you will be ok!

