

10 top tips for looking after yourself during revision and exams

- 1.** Take a moment to breathe! Whether this is during the exam, before or after.



- 2.** Keep it balanced. It is important to spend time revising but make sure you give yourself a break and time to relax and socialise.



- 3.** The amount of revision may feel overwhelming. Try breaking it up into chunks and creating a daily/weekly timetable to know what you want to study and when. **Be realistic about what you can achieve in a day.** This can make revision feel more manageable.



- 4.** Find a revision workspace and style that works for you. For example, working in silence or having background noise with sounds or music playing.



- 5.** Work at a pace that suits you! Everyone is different in how they work. Some people prefer to read; others find it helpful to make notes or draw diagrams, while others prefer to talk things through.



- 6.** Remember, you are allowed to ask for help! As a school, we are here to offer our support. Think about how this might look. Talk it through with your teacher, mentor or safe person. They will be able to let you know about the available support. Also, you're not alone in this. Lots of students will be feeling similar.



- 7.** It is important to keep healthy eating habits when revising and sitting exams. Drink lots of water and stay active. Even a short walk will help. Exercising is one of the quickest and most effective ways to de-stress. Fresh air will clear your head and perk you up. Breaking up revision with food and exercise will help you feel energised and keep concentration levels up.



- 8.** Keep a self-care routine. It is important that you feel as good as possible to be as productive as you can when it comes to revising.



- 9.** Make sure you're getting enough sleep - you won't perform as well if you're exhausted.



- 10.** If you feel nervous about the time pressure of an exam, practice timing yourself during revision, or even try out some test papers. Make sure you seek the advice of your teachers to find out the best way to do this.

Check out our relaxation page for some top tips to help you during exam time

Remember that **results do not define you and you can find success no matter the outcome!**

Plan in some treats to reward yourself and celebrate when it is over!