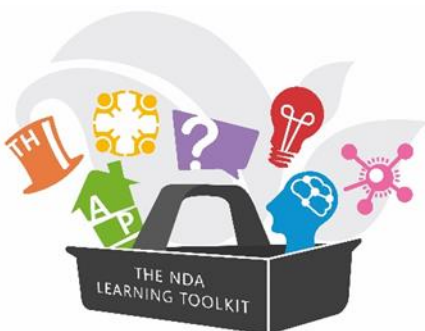


# Promoting Student Wellbeing During Revision

Resilience and Independence in Learning at NDA



# Stress, School and Exams

## What Causes Stress During Exams?

Lots of things, overwork, fear, boredom, loneliness, guilt etc.

## What Are the Symptoms of Stress?

- Irritability, hyper-sensitivity, unusually emotional reactions (e.g. tears)
- Inability to sleep, dreaming about revision and exams
- Inability to concentrate on anything for long
- Problems with your skin, digestion, headaches etc
- Feeling depressed and hopeless,
- Over (or under) eating
- Wanting to avoid people you would normally want to see,
- Tiredness

## Is Stress Bad for You?

Small amounts of stress are **good for you**, it improves concentration and energy but too much leads to problems like those listed above and affect your work, revision and exam performance.

## What Can We Do About Stress?

Firstly, it is very important to know that you may be stressed and try to avoid it. The most important thing to do during revision, if you want to avoid stress, is have regular, scheduled and worthwhile breaks. You may think this is stupid, especially if you start work late but think of this-

- **Your concentration is better in short bursts.** Therefore, for every hour, work for fifty minutes then have a break for ten, or work for twenty-five minutes then have a five minute break. Also, when you have a break **leave your room** and try to talk to someone.
- **You get less tired if you work in short bursts**, so you can do more work in the long run.
- **Breaks motivate you to work.** If you know you have a scheduled break ahead of you, you will work hard to get it.

**Breaks help you stick to your revision plan.** During breaks you can do those things which can get in the way of plans, eat, phone friends etc.

# Controlling Stress for Personal Wellbeing

- 1. Start Revising Early.** Give yourself more time-the sooner you start the less stressful it is worrying about not starting. If you do start late don't panic, you can still revise effectively. Also why panic over things you cannot change?
- 2. Use A Revision Plan.** Uncertainty causes stress.
- 3. Cut Down on the Unknowns.** Know the structure of your exam, look at past exam papers etc.
- 4. Take Regular Scheduled Breaks.**
- 5. Build in Variety.** Use a variety of revision techniques, monotony is boring and leads to stress.
- 6. Be flexible.** Don't panic if you miss a session, build it in later.
- 7. Get Some Exercise.** This will remove tension and revitalise the soul and get you away from the work.
- 8. Have Some Fun.** Reward yourself (exams are no time to diet) and have some fun. This helps you relax and keeps exams in proportion.
- 9. See Your Friends.** Isolation is stressful. Meet other human beings and find out you are not alone.
- 10. Keep to Your Routines.** Eat, sleep, etc. as normal otherwise you become run down. Early morning revision is not good for you.
- 11. Do Your Best, Not Someone Else's.** Don't compare your progress with others, especially before or after the exam. Avoid super stressed people as it's contagious. Do your best no one can ask for more.
- 12. Keep A Sense of Proportion.** Revision and exams are hard work, but they're over soon and a long hot summer will follow. Remember life goes on and exams aren't the end of the world.

# What Support is Available?

There is a wealth of support and guidance available at North Durham Academy to support with your personal wellbeing. This includes:

- **Your Tutor** – the first port of call if you are not feeling yourself and require some support in your learning (or anything else)
- **Your teachers** – all teachers are available to support you in your learning
- **Your Year Manager** – All year managers are trained to deal with pastoral concerns and are advocates for you. Your Year Manager will be able to
- **The School Nurse** – The nurse is professionally trained to deal with all manner of concerns and personal troubles and, if necessary, can make referrals to further professional services.
- **Student Counsellor** – Mrs Rayson is available five days per week to support you in techniques to improve wellbeing and help to cope with the stresses and strains of school-life
- **Wellbeing Ambassadors** – Our Wellbeing Ambassadors are students from each year group that have been trained in Mental Health First Aid, as well as to support with other coping mechanisms.
- **Your Doctor** – If in doubt, you can get support and professional guidance from your doctor who will be able to offer support and make recommendations to support all areas of personal wellbeing.