

Stress and Panic

- Increased heart rate
- Butterflies in the tummy
- Staring eyes
- Sweating
- Rapid breathing
- Freezing up



Control the stress

- Slow your breathing
- **Think 'calm'**
- Don't stare
- Ideas will return
- **Use your brain to control the panic**



Controlling stress, panic and tiredness

Between questions

Exercise – rotate your shoulders, neck and ankles, arch your back Breathe deeply. Sitting in the same position for a long time can restrict oxygen intake and make you tired (be careful not to distract other pupils).

Visualise – before writing anything down, close your eyes and visualise the answer.

- The room where you revised
- Your books and notes
- If time allows take a short break

Panic – if you start to panic, close your eyes and take control Think of an imaginary 'safe place'

Massage – hold the back of your neck with one hand and massage your forehead with the other

Time

If you start to fall behind with your time plane:-

- Go into note form
- Leave some space to come back to

Getting peak performance ...



EXTRA TIME

How best to use it?

Why have I got extra time? – a learning difference

- Need to re-read text
- Need longer to formulate ideas
- Need longer to write answers

How is it supposed to help me?

- Reassurance
- Longer to read question to fully understand
- Longer to plan answer
- Longer to ensure handwriting legible
- Longer to proof read and check

Before your exam

- Drink water – a **dehydrated brain will work slower & you will feel more tired**
- Avoid fizzy drinks and fatty foods like crisps – **they will make you sleepy**
- Eat protein, cereals, fruits, nuts, seeds

Plan your time

- Know the number of minutes for each exam including the extra time
- Note when the exam is to start and when it is to finish including extra time
- **Deduct time to read the question more than once** and for proof reading

Plan your time ..

- Look how many questions need to be answered. Divide your time between them.
- With longer written answers work out the number of minutes for each question and make a note of when each question should begin
- **Practise timing yourself to answer questions in the right time**

Revise

- The greatest confidence booster is the knowledge that you know your stuff.
- **Don't cram the night before. It only makes you more stressed.**

Practical tips

- Get a good selection of pens
- Get a see-through pencil case (not an old plastic bag)
- **Make sure you have pens, pencils, rubbers, ruler, maths equipment, highlighters Bring them to every exam**

Finally

Exams are hard work – they can be stressful BUT ...

- They can be rewarding
- You can do your best
- You do have extra time to think, read, plan, check and amend
- Don't waste it

Read the Question

- Read the question thoroughly
- What is the directive?
- What is the scope?
- What are the limitations?



Directive?

- **How is ...?**

You would need to explain how this happens, not just say **what** happens or **when** but **how**

Other directives could be:-

Discuss
Compare
Explain

Contrast
Argue that
Why does...?

These affect the way you need to answer your question. There is a huge difference between a 'why' and a 'how' for example.

Scope

Expand and **development** of the idea

Limitations

Be very specific about what you write about in your answer.

Underlining and highlighting

- As soon as you have identified the directive – **highlight it**
- As soon as you have identified the topic – **highlight it**
- Make sure you are reading these words carefully
- e.g. in Geography a developing **country** could be misread as developed – **underline anything tricky!**

Choose your question carefully

- **Read** all the possibilities
- **Choose** the subject you have studied in class
- **Choose** the question where you are confident you can give a good answer – relevant to the question
- **Think** about the directive, scope and limitation of each

Answer the question!

- **Don't write everything** you know about the subject.
- Waste of time
- **Less marks for waffle**
- Keep re-reading the question to make sure you are still answering it
- **Don't go off the subject**

How to do that?

•PLAN your answer

Use some of your extra time to plan what you need to say

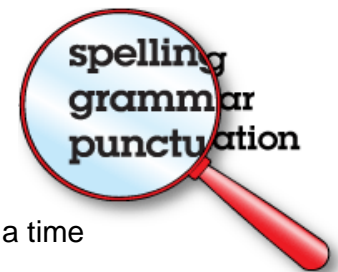
You may use:-

- Mindmap
- **List ideas**
- Pictogram
- **Refer back to the plan and amend it as you go**
- Hand the plan in



Proof read

- **Check for capital letters**
- **Check for punctuation**
- **Look for spelling errors**
- Check the things you know are your weaknesses like muddling 'there' and 'their'
- Work backwards through each essay a bit at a time



More proof reading

- Check that your conclusion actually answers the question
- Amend it if necessary

What not to use extra time for

- Frantic writing
- You should take time to make sure every word you write is worthwhile
- Waiting for the exam to end
- **Don't waste your extra time by rushing your answers – if you finish, look again.**

