

Year 11

Steps to Success

Body and Mind Preparation

**Beating Exam Stress
Physical Exercise for Exams
Exam Food**

Mr R Tilley





PREPARING FOR EXAMS

- ▶ *Mr Bean – Prep for exams video*
- ▶ <https://www.youtube.com/watch?v=-VM0XCvKNP0>
- ▶ *Getting to the first exam date is more than getting your equipment ready*



BEATING EXAM STRESS

- ▶ *Managing stress..... understanding what it is.*
- ▶ <https://www.youtube.com/watch?v=hnpQrMqDoqE>
- ▶ One of body's natural responses to something that is perceived as threatening or frightening.
- ▶ It is not necessarily harmful, it can help motivate and energise you.
- ▶ Increased stress levels = more alert and motivated to do your work.
- ▶ Stress levels too high = impaired ability to prepare for and perform well during exams.



BEATING EXAM STRESS

- ▶ *Top tips for beating exam stress*
- ▶ <https://www.youtube.com/watch?v=7AgswlakjRw>
- ▶ Talk to someone about it – parents, friends, teachers, other people you get on well with and trust.
- ▶ Don't Compare yourself with your friends, brothers, sisters, parents...
- ▶ Don't stay up all night revising
- ▶ One topic / subject a night
- ▶ 45 minutes of work / then rest / take regular breaks / time before bed
- ▶ Keep revision out of bedroom – bedroom for relaxing
- ▶ Breathe / visualise success



SLEEP FOR EXAMS

- ▶ Make sure that you get plenty of sleep during your exam period, at least 8 hours per night are recommended.
- ▶ Ensure that you have a least a half an hour break from your revision before you go to bed and use this time to do something relaxing e.g. have a bath, listen to music, read a book.
- ▶ Be active during the day (20 –30 minutes of exercise helps enhance deep sleep).
- ▶ Avoid caffeine and nicotine in the evenings as both are stimulants raising alertness before bed time.
- ▶ If possible study away from your bedroom or definitely away from your bed to reinforce its use for sleeping only.
- ▶ Create a room that is designed for sleeping in e.g. keep it cool and dark during sleep. sleeping only.



SLEEP FOR EXAMS

- ▶ Switch it off –try and avoid having electronic screens on in the bedroom -this includes your mobile phone! The white light produced from screens mimics daylight and can prevent your body from naturally shutting down at the end of the day
- ▶ Try and keep a sleep routine going to bed and getting up at the same time each day
- ▶ Avoid clock watching when in bed, try and put your attention somewhere restful
- ▶ If you can't sleep don't lie there for hours worrying about it instead get up and do something relaxing
- ▶ If you can't switch off try writing down what you are worried about before going to bed and tell yourself to deal with it tomorrow

PHYSICAL EXERCISE FOR EXAMS



- ▶ Not only is exercise good for your overall health and fitness, but it also boosts your mental wellbeing
- ▶ Exercise will help keep you calm during exams. You'll feel more energised and refreshed, and that will help you perform better in your studies
- ▶ Keeping active doesn't require a lot of time and effort. Doing 150 minutes (two-and-a-half hours) of moderate intensity physical activity, such as fast walking or cycling, every week will give you many health benefits and reduce stress
- ▶ If you're not interested in sport, try a new activity, such as dance or martial arts. Walk in the park / countryside

PHYSICAL EXERCISE FOR EXAMS



- ▶ During exams you may feel unable to take much time out from studying. Instead of giving up on exercise altogether, try taking small, regular breaks to refresh yourself and clear your mind
- ▶ A 15-minute brisk walk to the library or around the block is a good way of getting some exercise
- ▶ You could also try to exercise first thing in the morning. You may find it wakes you up and gives you energy for the day. Try swimming, a gentle jog or doing some stretching exercises
- ▶ Think about what times of day you work best. Some people find revising and completing coursework easier in the morning, while others are more productive in the afternoon or evening. Plan your day and fit some exercise around your study plan



EXAM FOOD

- ▶ https://www.youtube.com/watch?v=FY_aGqrNRXE
- ▶ Whole grain rice / pasta - release glucose into the brain slowly to keep you going longer. Porridge a good breakfast
- ▶ Omega 3 – walnuts / seeds
- ▶ Nuts – vitamin E
- ▶ Chickpeas – magnesium food for blood flow – hummus
- ▶ Avocados – mono unsaturated fat – reduces blood pressure
- ▶ Turmeric – antioxidant for blood flow and brain function – found in curry powder
- ▶ Blueberries – antioxidant – helps your brain function / reduces stress

Breakfast - the most important meal of the day

Before your exams or when revising during the day remember that you need energy to keep you going. Oats and wholemeal cereals are the best way to not feel tired half way through an exam.

Try porridge and dried fruit, weetabix, shredded wheat or muesli, egg on wholemeal toast or a low sugar cereal bar.

Remember sugary foods will only give you a short energy boost not long enough to see you through an exam.



Healthy Snacks

Fresh fruit, dried fruit, nuts, seeds, peanut butter or marmite on toast, rice cakes, yogurt, popcorn, raw vegetables.

Try to avoid high sugar snacks and eat snacks that will maintain stable blood sugars.

Why not try the nutty oat energy bars found at http://www.bbc.co.uk/food/recipes/nutty_oat_energy_bars_48616



Eating for exams



Stress can have an adverse effect on appetite, skipping meals won't do your concentration any good.

Eat healthily during your exams—important for mental as well as physical health.

Eat wholegrains

The ability to concentrate comes from a steady supply of energy. Foods which release glucose slowly such as whole grains which have a low GI (Glycemic indicator) will keep you mentally alert for longer. Choose brown cereals, whole-meal bread, granary bread or brown pasta. Potatoes, beans and pulses can also help.



Eat oily fish

Essential fatty acids cannot be made by the body and must be obtained through diet. Omega 3 has been shown to help brain function and increase concentration. Oily fish contain the fish oils in ready made form so the body can use it

immediately.



Good sources include salmon, trout, mackerel, herring, sardines, pilchards and kippers. Other good sources include soya bean oil, pumpkin seeds, walnut oil, soya beans and nuts.



Eat more fruit and vegetables

Blueberries – very high in Vitamin C and some research has stated that they may be effective in improving or delaying short term memory loss

Tomatoes - there is good evidence to suggest that they include antioxidants which help prevent damage to brain cells. They are also very high in Vitamin C.

Blackcurrants - high levels of Vitamin C which has always been thought to have the power to increase mental ability. They will help fight infections during the exam season.

Broccoli - a good source of Vitamin K which is known to enhance cognitive function and improve brainpower.



QUESTIONS

FOR HELP AND SUPPORT



KEEPING YOURSELF SAFE



Where do I go?
Who do I talk to?

If something is wrong or you need advice there is always someone to talk to, even if this is about someone else in school.

We are a listening school...Talk to anyone of these people if you have concern:

One of the House Team:

Chatsworth – Mrs Metters / Mr McCarter

Haddon – Mr Rea

Kedleston – Mrs Jackson

One of the Safeguarding Leads:

Mrs Smith, Mr Tilley, Mrs Greenfield & Mrs Kingswood

Other Support

Worry Box (located in your form group)

School Nurse (open door sessions on a Tuesday lunchtime, see medical staff for more details)

MAT - 01283 229709

Childline - 0800 1111

Call Derbyshire / Starting Point - 01629 533190 or (Out of Hours Emergency) 01629 532600

Derbyshire Police - 101 for non-emergencies or 999 (emergencies)

**“THE BEST WAY TO ESCAPE FROM
A PROBLEM IS TO SOLVE IT.”**



“Every Day Counts!”



THE EXAM DAY.....

- ▶ *Mr Bean* – “*The Exam day is here*” video
- ▶ <https://www.youtube.com/watch?v=9LhLjpsstPY>