Guide to Thriving During Examinations

Halliford School
SHEPPERTON



Working in Partnership

Here at Halliford School, we understand the pressures that our students go through in the lead-up to and during the examination period. This guide provides information to help you through this challenging period.

For most people, exams are a stressful period. You might be worrying about your workload, anxious about performing or fearful about the future. Feeling like this is perfectly natural.

When under pressure, our bodies respond by producing adrenaline. Although this is a natural reaction, too much adrenaline can lead to unwanted side effects such as sickness, dizziness and headaches. This can also lead to a loss of appetite, trouble sleeping and mood swings. What can you do to help manage and reduce stress levels?



Before Exams

· Plan your revision sensibly. Set yourself realistic revision targets to work towards and find a revision style that suits you.

· Time Management. Allow yourself plenty of time and revise in short bursts. Take regular breaks to allow your brain and body to recharge.

· Conversations. Share your thoughts, feelings, concerns, and worries with your family, friends, and teachers. They all want to support you.

· Refresh by eating and drinking healthily. Exercise is a great way of releasing exam tension.

· Relax. Ensure you allow yourself enough time to sleep and recharge your batteries. Breathing techniques and mindfulness can also help you to keep calm and refreshed.

· Positivity. Use positive language and visualise the papers going well. Allow yourself to celebrate a revision session that has gone well.

· Socialise. You have a life away from academics. Allow yourself some time with others to have some fun.

During Exams

· Breathe. Take some deep breaths to relax your body and mind. This will really help if you freeze up or are struggling to get started.

· Control. Only focus on those elements you affect. Block out the exam room and other students.

· Read the Question. Answer the questions you feel most comfortable with. By answering these first, you will feel more confident and settle into the rest of the exam.

· Teacher Tips. Are there any specific things your teacher has told you to write on the exam paper as soon as you start? Have they told you to start with a specific question? Are you supposed to highlight command/key words in the questions?

· Time. Check the minutes per mark on the front of the paper. Make sure you know how to pace yourself. How many marks should you have answered after 30 minutes if the exam is an hour long? If you happen to finish early, then check back through what you have written. You will be amazed at how many marks can be saved by doing this.

· Positivity. Keep a good attitude and use positive language with yourself. You are not alone in this experience, and your nerves will pass.

After Exams

· Reflect. You might not get all the results you were hoping for. This does not make you a failure. You might need to try something different, but you can learn from setbacks and increase your resilience. This can lead to new, unexpected and exciting opportunities. Do not rush any decisions you need to make.

· Celebrate. Be proud of yourself and recognise any and all successes. You have worked extremely hard for these, so do acknowledge this fact. Tick off each one as you do it, regardless of how it goes. Making progress through anything and feeling a sense of satisfaction at moving towards the end is important.

· Reach Out. Discuss your thoughts and feelings with those around you. Seek as much advice as possible to help you to learn and move on from the exam experience.

· Be Kind to Yourself. No matter what the results, there will be positives to focus on. Do not be harsh on yourself. Ensure that you have planned something positive for the day you get your results back.

Good Luck, and remember we are here to support you.



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Independent Senior Day School
Boys 11-18 Years • Girls 16-18 years

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