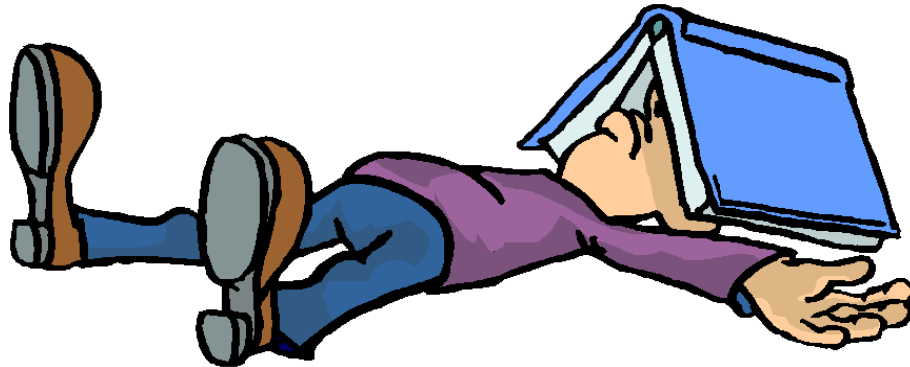




EXAM STRESS





A little nervousness before a test or exam is normal and it can help sharpen your mind and focus your attention.

But with too much exam anxiety, feelings of worry and self-doubt can interfere with your test-taking performance, and it can make you feel miserable.

REMEMBER- exam anxiety can affect anyone, whether you are a primary or secondary school student, a college student or even an employee who may have to take exams for career advancement.

Here are some Information and strategies that may help reduce your anxiety:



What to expect before your exams:

You will receive a text which will include the following information-

- What date your exam is.
- What time your exam will be.
- If it is in the hall, you will be given a seat/desk number.
- If it is in a different room, you will be given the room number. Ensure you walk around the college and find where the room is, so you are familiar with this.

All of this information will be on your Student FIS too!

If you have a classroom mock then your tutor will let you know the details.



• Exam Guidance / Information



Exams



Exams Information

Links to JCQ publications for candidates are available should you want to read about them in more depth.

All exam regulations are set by the Joint Council for Qualifications (JCQ), not Franklin College. If you think you should have an exam concession, but you do not qualify as stated by JCQ guidelines then we are unable to give you it. All schools and colleges must ensure both staff and students comply with the published regulations.



Exam Equipment

You are responsible for bringing all the equipment you need. This may include:

- Student ID (you must have this with you)
- **Black Pens**

And you may need the following:

- Pencil, Ruler, Eraser, Calculator and Maths equipment.

Unauthorised Items

The following are NOT allowed in the exam room:

Mobile phones, smartwatches or any other electronic device

Wristwatches

Headphones/ Earphones/Air Pods/Plugs

Hats

Labels on water bottles- all bottles must be clear/transparent

Food or fizzy drinks

Writing on hands/skin

Notes/post-it notes etc

Tippex or gel pens



Study and Revision



It is better to study little and often and over time instead of trying to cram your studying all at once and last minute.

Look at different revision strategies and techniques- eg. The Pomodoro Technique, Flash Cards, and producing a Revision Timetable so you have enough time to revise what you need to!

Study somewhere you feel comfortable that has little or no distractions.

Help & Advice



- **Talk to your teacher**- Make sure you understand the topics that are to be covered, the structure and length of the exam so you can allocate appropriate timings to the different types of questions. If there is anything you don't understand talk to your teacher – they are there to help you and have handy hints to help you succeed!
- **Study efficiently**- The college offer study skills sessions and resources that can help you develop your study techniques and test-taking strategies. Speak to Theresa in The Bridge for more information.



Before the exam/assessment



Establish a consistent pre-test routine – Learn what works for you and follow the same steps each time you get ready to take an exam. This will ease your stress and ensure you are well prepared.

Get plenty of sleep- Sleep is directly related to academic performance. Teenagers especially need to get regular solid sleep. If you need any advice on healthy sleeping techniques talk to **Team Thrive**.

Get some exercise- Regular exercise can release tension. Walking in nature is excellent for relieving stress and tension too.



Before the exam/assessment



Don't forget to eat and drink- Your brain needs fuel to function. If your mobile phone battery is low, you will charge it, and our bodies are just the same. Eat the day of the exam and drink water. Avoid sugary drinks and energy drinks as these can affect your blood sugar and increase anxiety.

Learn relaxation techniques- To help stay calm before and during the exam, perform relaxation techniques such as deep breathing or relaxing your muscles one at a time.



Some handy anxiety reducing strategies to try

Distraction Techniques

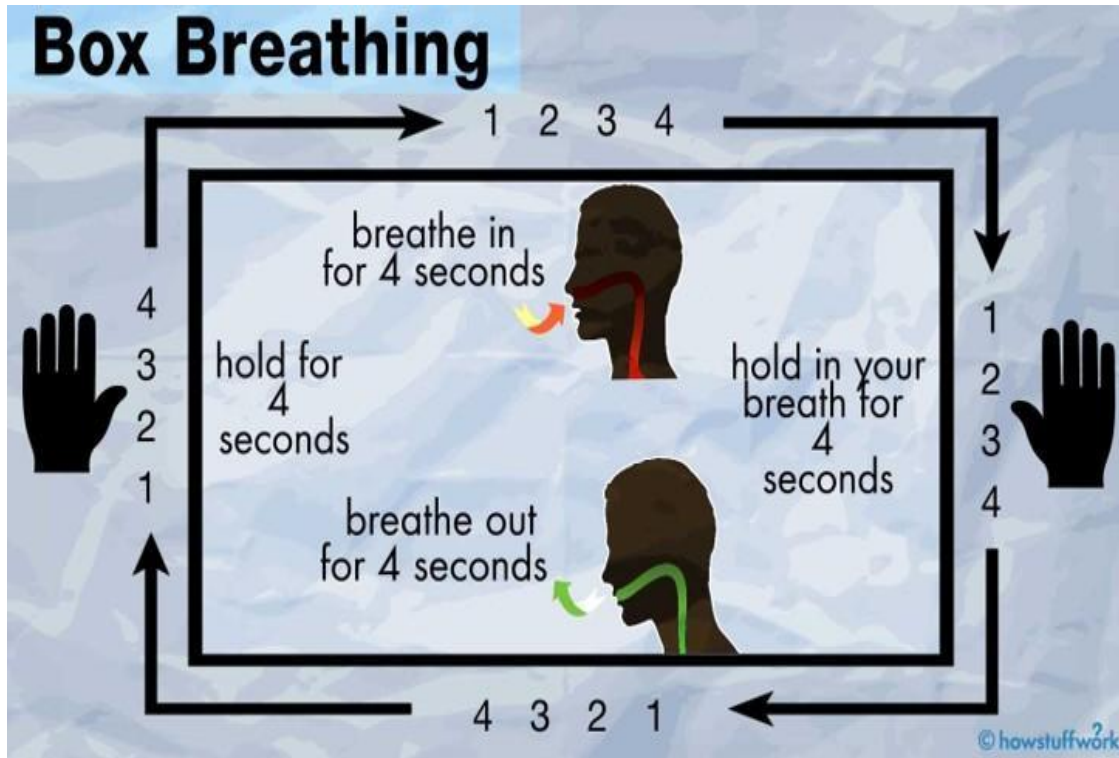
Numbers – Count down from 200 in 7's for example



Letters – think of a topic and then name something from each letter of the alphabet e.g. foods / countries / sports



Breathing Techniques



Mindfulness / Grounding Techniques

*Stay Grounded Using
Your 5 Senses*

Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

5 Things You Can See 

4 Things You Can Feel 

3 Things You Can Hear 

2 Things You Can Smell 

1 Thing You Can Taste 

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thrive 



Be mindful of the things you can and cannot control. We call this the 'Circle of Control'

What can I control?

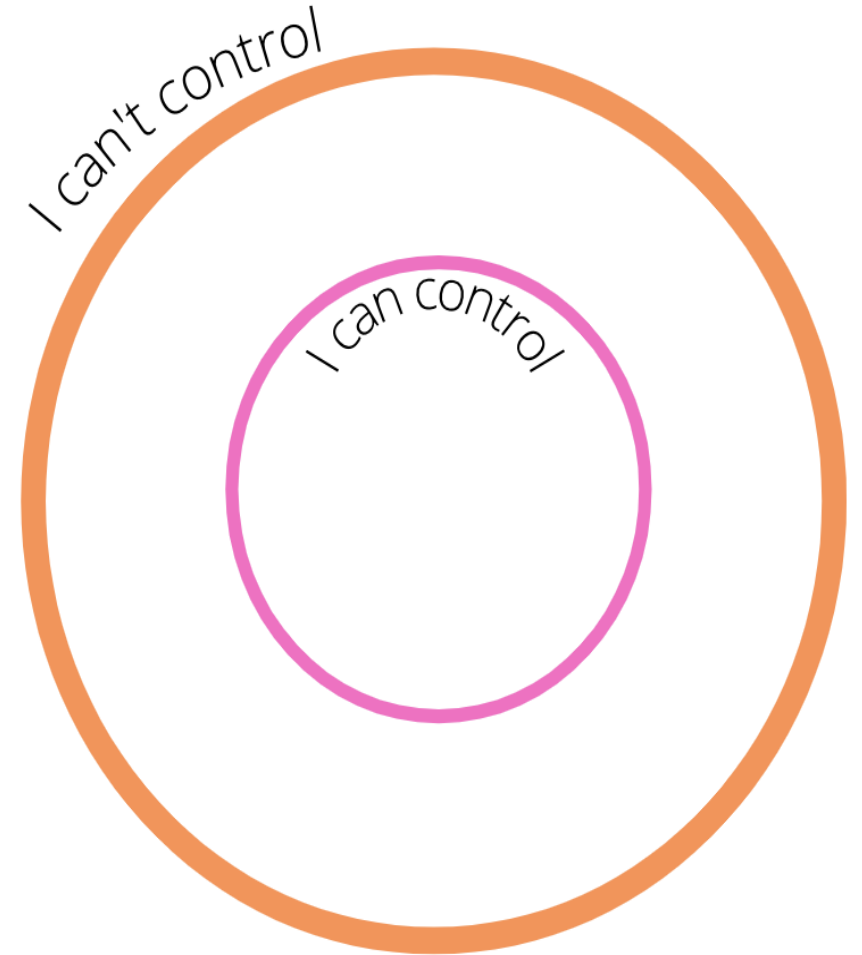
Being prepared
Revising
Asking for help and advice
Resting and practising breathing techniques.

What can't I control?

Day and time of exam
The questions on the exam paper

Focus on what you can control and not on what you can't. This really does help!

Circle of Control



Exam Team Contacts



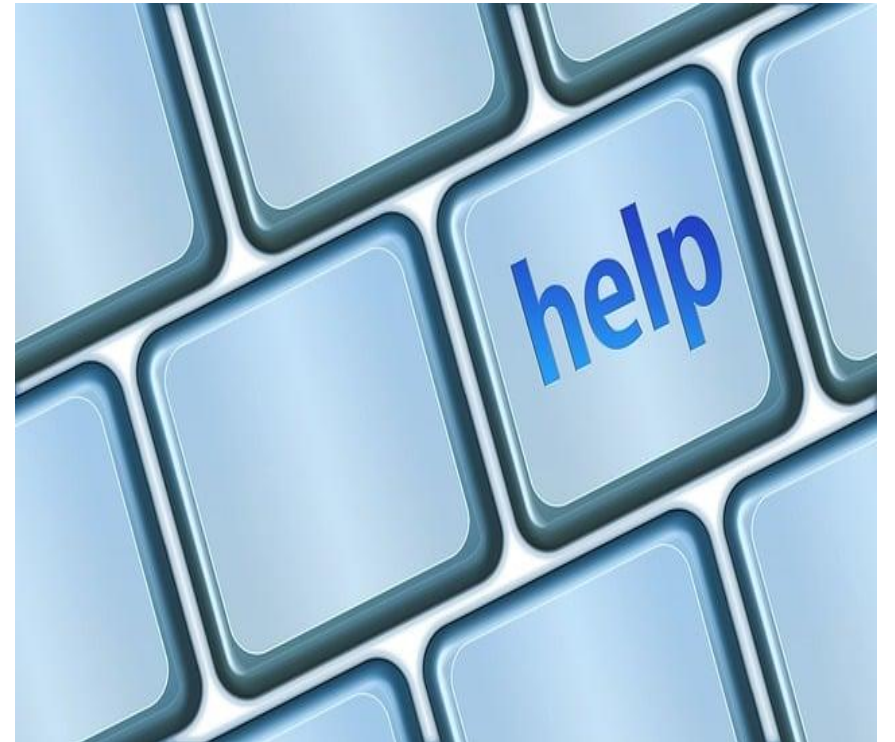
If you need any further advice on your exams, we do have dedicated staff to help.

Becky Liddle (Exam Officer)

Julie Lacey (Exams Assistant)

Exams@franklin.ac.uk

Located in Room E18 (above reception)



And finally.....



We understand that exams are a stressful time for everyone, and we are here to help you!

Remember:

Try your best, that is the best you can do

Eat well, fuel your body and brain

Try to get a good night's sleep

Keep calm, read the exam paper thoroughly and to the back page.

There is no such thing as a 'silly' or 'stupid' question, the team are there to help you

[Ditch the Label | Youth Charity | Mental Health, Bullying & Relationships](#) – web link on how not to deal with exam stress!

Best of luck!