

*How to*

# **MAINTAIN A SENSE OF WELLBEING WHILST GOING THROUGH GCSE'S**







# ACCEPT THAT IT'S STRESSFUL...



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**THEM**

- worry a lot
- feel tense
- have headaches and stomach pains
- not sleep well
- be irritable
- lose interest in food or eat more than normal
- not enjoy activities they previously enjoyed
- be negative and have a low mood
- feel hopeless about the future

**YOU**



THE SAME!

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# SLEEP



Cannot be underestimated, the number one requirement for managing the exam period well.....no revision after 22:00, but to be honest I'd rather this was 21:00. The data about this one is clear, tired students will perform significantly worse in exams and there is a negative correlation between staying up late to revise and actual performance.





# EAT

OBVIOUSLY HEALTHY IS GOOD!  
ATTEMPT TO KEEP IT BALANCED, THEY  
WILL TRY TO PACK IN AS MUCH SUGAR  
AS POSSIBLE WHICH CREATES ISSUES  
WITH CONSISTENCY AS THEY ARE  
CONSTANTLY PEAKING AND  
CRASHING.

SNACKS ON SNACKS...

MAKE THEM EAT BREAKFAST.

MAKE TIME FOR MEALS, THEY  
PROVIDE AN IDEAL BREAK.





# SPACE

USE A DEFINED AREA, MAKE  
SURE IT IS REALLY  
COMFORTABLE.

IDEALLY NOT IN THEIR  
BEDROOM, THIS SHOULD BE A  
REFUGE.

EMBRACE CHAOS IF NEEDED  
BUT ENSURE THERE IS A  
SYSTEM.



# GET UP TO SPEED

FOR EVERY EXAM THEY ARE DOING THERE WILL BE AN OVERVIEW OF WHAT THEY ARE LEARNING WITHIN THE SPECIFICATION ONLINE. FAMILIARISE YOURSELF WITH THIS. EVEN IF YOU DON'T KNOW ALL THE CONTENT HAVING AN IDEA OF WHAT WILL BE TESTED WILL BE A HELP.







# ROUTINE

STRESSED, HORMONAL  
TEENAGERS ARE CHAOTIC,  
EVEN IF THEY SET A  
ROUTINE THEY ARE GOING  
TO NEED YOUR HELP TO  
STICK TO IT. CREATE A  
WEEKLY PLAN TOGETHER  
THAT YOU BOTH AGREE  
ON.





# BE PRESENT

DURING REVISION YOU ARE  
THE FACILITATOR!  
BRING DRINKS, SORT SNACKS,  
PROVIDE BACKGROUND MUSIC,  
SHOULDER MASSAGES...TRY NOT  
TO BE TOO CONTROLLING AT THIS  
POINT. HELP THEM TO EXECUTE  
THE PLANS YOU'VE MADE. DO  
CHECK IN AND SIT QUIETLY BESIDE  
THEM SO THEY CAN DECOMPRESS  
OR GET YOU TO TEST THEM IF THEY  
WANT.



# BE FLEXIBLE



**CAN CHORES TAKE A BACK SEAT  
FOR A WHILE?  
DO THEY HAVE TO GO TO THAT  
FAMILY FUNCTION?  
80/20 RULE**







# KNOW THE NEXT STEP



WHAT ARE THE PLANS FOR POST GCSE'S AND WHAT DO THEY NEED TO GET THERE? THIS PROVIDES A CLEAR GOAL AND TARGET FOR BOTH OF YOU.

ENSURE YOU HAVE A CLEAR PLAN B IN PLACE AS WELL. DESPITE WHAT MAY SEEM AN EXCELLENT REVISION PERIOD HONEST MISTAKES CAN BE MADE AND THEY MAY PRECLUDE THAT FIRST CHOICE SO ENSURE THAT THERE ARE OTHER PATHS THAT CAN BE FOLLOWED.





# DOING OTHER STUFF

EXERCISE IS CRUCIAL, GET THEM OUT DOING STUFF. THEY WILL NEED THAT BREAK AND PHYSICAL EXERTION WILL HELP THEM OVERALL.

ALSO ENFORCE BREAKS, LET THEM RELAX AND WATCH SOME TRASH TV OR PLAY SOME VIDEO GAMES. THAT OUTLET IS INVALUABLE.

TREAT THEM....THIS WHOLE PERIOD IS GOING TO BE ALOT SO GET THEM A STARBUCKS OR BUY THEM THEIR FAVOURITE CHOCOLATE BAR. ANYTHING THAT SHOWS THEM YOU APPRECIATE THEIR EFFORTS.





# **DIRECT CONTACT**



**IF YOUR CHILD IS CONCERNED ABOUT A PARTICULAR AREA THEN NUDGE THEM TO SPEAK TO THE TEACHER DIRECTLY, IF THEY CAN'T DO THAT THEN THEY CAN SPEAK TO ME OR MRS CAIG AND WE CAN FOLLOW IT UP.**

**IF YOU HAVE A QUESTION THEN SIMILARLY PLEASE CALL OR EMAIL THAT MEMBER OF STAFF TO DISCUSS IT.**

**THIS IS NOT A TIME FOR WAITING OR PROCRASTINATING. A THOUGHT WITHOUT ACTION IS MERELY A DREAM AND WE ACHIEVE NOTHING IN THIS WAY.**



*The End*

**THANKS FOR  
LISTENING**





