

Dealing with Stress

Lifestyle

- Late nights
- Not enough sleep
- Junk food
- Too many commitments
- Earning money

Relationships

- Peer pressure
- Issues with boyfriend/girlfriend
- Fall outs
- Nowhere quiet to study
- Pressure from parents

Organisation

- Missing deadlines
- Late with homework
- Not leaving enough time for revision

Revision

- 'Cramming' – too much too late
- Reading notes without taking it in
- Revising without breaks
- No revision timetable
- Not revising

If you can, start your revision as early as possible. You need time to go over topics two or three times.

If you've got big exams at the start of your exam time, don't just revise for them. You need to do revision for the later exams too.

Get lots of past papers, work through them and use the mark schemes to see what you got correct and what you could have done better.

I stuck Post-it notes with key words on them all round the house, so everywhere I went I was revising.

Get plenty of sleep the night before an exam.

Don't be frightened to ask your teachers for help – they'll be really glad to help you all they can.