Top tips for managing exam stress and revising productively!

2020 has been hard, especially for those of you facing exams. When everything feels overwhelming it can be really hard to find the motivation to revise. There is a lot of uncertainty around the exams at the moment which is also adding to the stress. Here are a few simple tips to help you approach your revision.

- **Be realistic!** - Look at the amount of time you have available and decide what you can realistically do in that time

- **Prioritise** – Do you have subjects that you need to do particularly well in? Or do you have areas that you know are your weakness? If so, make them your priority

- **Don't put things off until later** – Tackle the subjects you like the least first! If you put them off they will hang over you and you will always find excuses not to do them

- **Break it down** – Organise your time into short periods. 20-30 minutes of fully focused revision is worth more than 2 hours of distractions

- **Build in time to relax** – We can't be "on" all of the time, eventually we will burn out. Allow yourself time to relax when you get home before tackling any work

- **Reward yourself!** – We learn when we are motivated. At the end of each period of revision do something that feels like a reward

- **Know when to stop** – It is really important that you allow yourself to switch off at the end of the day. Make sure you stop at least 30 minutes before you want to go to bed

- **Keep things in perspective** – Yes, exams and revision are important. But nothing is more important than your health (emotional, mental and physical) so if you need a break, take one!

- **Live in the moment** – Try not to think too far ahead. No one knows what the future holds right now. All you can do is focus on what you need to do today

- **Don't compare yourself to anyone else** – We are all different and what works for one person doesn't always work for us. Find what works for you

- **If you need help, ask!** – Don't worry in silence, there is always someone who can help you. You are not on your own