



# PREVENT THE PANIC

Don't let the stress of exams overwhelm you. Stay in control with these top tips.



## START IN PLENTY OF TIME

Whether you are revising for PPE's, Mocks or Resits; it is important to identify your exam start dates and plan ahead. Planning and long-term thinking will be invaluable during exam periods.



## PERFECT A REVISION ROUTINE

Find what works best for you! Take the chance to perfect your best revision strategies and learn what works for you.



## DON'T UNDERESTIMATE

Let's be honest, exam periods can be stressful! But panic and stress will be a much smaller issue if you recognise the importance of all your exams and tackle them head on.



## SET REALISTIC TARGETS

Your ability and knowledge will change throughout an academic year so make sure your expectations in attainment match this! Talk to teachers and parents to make sure you are all working towards a goal that works best for you.



## USE YOUR RESOURCES

At GCSEPod we have provided some great pods and resources for you to use; your exam periods are about doing the best you possibly can, so use every resource you can!



## ARRANGE FEEDBACK SESSIONS

Speak to your teachers, friends and parents to track your progression and revision before and after your exams. Speaking and sharing ideas prevents panic!



## USE THE OPPORTUNITY

Exams are not designed to catch you out! They're a great opportunity for you to show off and maximise everything you can do by testing your knowledge.



## DON'T PANIC!

Most importantly, don't panic! Use our tips and speak to as many people as possible to stay up to date, prepared and motivated! You CAN do this!

