

## Year 11

### Getting Through Your GCSEs: Dealing with Stress and Managing the Pressure

Wednesday 4<sup>th</sup> March 2020

1. \* Student Ambassador01 2: Hi, my name is Ferdia and I am currently in my 2nd year studying English and Drama. The theme for today's forum is dealing with stress and managing pressure. For those of you who are new to the forums, you are welcome to ask me questions either directly related to the theme or about any other aspect of university life. Anything I can't answer I will refer on and someone from the Exeter Scholars team will get back to you with a response in the next few days. For those of you that have logged on before, welcome back!

Before we start I just want to give you a quick overview of how the session itself works in case you've not used one before.

When you post a message it will be sent to me to reply to and will show on your wall as awaiting reply. When I reply to your message it will then post to the public wall for you and everyone else to see. Until I have replied, no-one else will see your message. Bear with me, as when it gets busy it will take me a few moments to reply – but don't worry, you won't have been forgotten!

3. \* Student Ambassador01 2: Also answering your questions today is Isabel and she will introduce herself in a moment.

4. \* Student Ambassador01: Hi, my name is Isabel and I am currently in my 4th year studying French and German.

2. Morwenna Taylor: Hi! Do you have any advice on the best way to make a revision schedule, I think it would really help to organise my work?

\* Student Ambassador01: Morwenna: Hi! What worked well for me was, once I knew the exact dates of my exams, plan my time based on the order of the upcoming exams. You might also want to think about how much time you want to spend on each subject as this could vary. You could make a timetable electronically on Google Docs or Word or simply draw one yourself if that works better for you. Remember not to cram too much into each day - be realistic and it's definitely important to schedule in regular breaks.

5. Morwenna Taylor: Can you give me any advice on getting high grades in French? I was a couple marks of an 8 in my mocks and I struggle with the writing aspect, so any help with that would be much appreciated!

\* Student Ambassador01: Morwenna: For the writing aspect, it definitely helps to learn some really good phrases that you can adapt to different situations, making sure you use a variety of structures and a wide range of vocabulary because examiners really like to see that. To expand your vocabulary, a good thing to do could be to research words linked to the different topics you have studied, and maybe make mindmaps combining these words and expressions for each topic. I hope that helps!

6. \* Student Ambassador01 2: How are you all feeling about your exams?

7. \* Student Ambassador01 2: Do you have any specific concerns or issues concerning exams you would like to ask us about?

8. (Deleted) Haya: How to stay calm before an exam

\* Student Ambassador01 2: I always find that when I'm in the exam hall taking really deep breaths helps to calm me down. If I'm feeling full of adrenaline or a bit anxious I do an exercise where I draw a square on the table with my finger, counting to four for each side, breathing in for four, holding for four and then breathing out for four. This really helps dealing with stress in an exam situation. If I want to stay calm on the morning of an exam, I set my alarm nice and early to make sure I'm not rushing and make sure I have a big breakfast full of food I really like. You don't want to be in your exam hungry or stressed because of traffic! Also, try not to compare yourself to others. Other people might be running round trying to memorise last minute material but don't let that stress you out. If you think you have done the best that you can do that's all that matters! Hope this helps

9. \* Student Ambassador01: You might also find this a useful resource as it talks about coping with exam stress: <https://www.examtime.com/gcse/revision-tips/how-to-deal-with-exam-stress/>

10. \* Student Ambassador01: How many exams are people taking this academic year?

Open Questions (4)

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11. Morwenna Taylor: Thank you.

12. Morwenna Taylor: This was very useful! Thank you so much!

13. Haya: Not too bad

14. Haya: That is very helpful. Thank you!