

GCSE Tips and Advice

Take your time.

Sometimes it can be tempting to begin your exam as quickly as possible. Give yourself a little bit of time to get used to the exam hall environment.



When your exam begins, take some time to get settled. Try using your **Five Senses** to name things in your environment:

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste or like to taste



If you start to feel anxious in the exam, try some **High Five Breathing**:

- Use the pointing finger of one hand to slowly trace your fingers, starting with your thumb, and ending with your little finger.
- Breathe in as you trace up towards your fingertip, and breathe out as you trace down towards your palm.
- Repeat four to five times



Plan something fun.

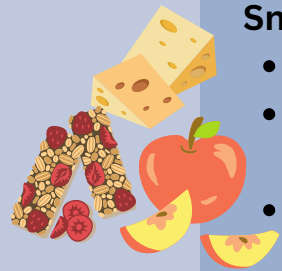
Exams can feel really stressful, and it is important that you have something to look forward to at the weekends or after the exam. Maybe you could plan to spend time with friends, make your favourite meal, or have some chill out time in front of your favourite film.



Wellbeing

Snacks and Drinks

- Healthy snacks with plenty of protein can help your brain to function at it's best.
- Keeping hydrated is important too. Try to avoid drinks that are high in caffeine and sugar.
- Eating regular meals gives you the energy to sustain concentration.



Move it!

- When studying, try to take regular movement breaks.
- Make time to move for 30 minutes or more each day - try going for a walk with a friend, swimming in the local pool, or trying a YouTube yoga class.



Sleep

- Create a sleep routine that you can stick to.
- Try to finish any revision at least two hours before bed so that you can wind down.
- Stay away from screens before bed. The blue light that screens use make it harder for our brains to switch off and wind down.



Routine

- Work with your friends and family to create a routine on the day of exams. Will you walk a particular route to school? Will you eat your favourite breakfast? Will you get up at the same time each day?



If you're feeling worried, remember you can BUZZ US on **07520 631168** for anonymous advice and support.

