



HBHS Revisit: Chunk It Revision Timetable, December – February PPE’s (Remember you have GCSEPOD to support your knowledge **UPLOAD**)

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(How's your GCSEPOD going? – could this help you cover more topics?)

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EASTER HOLIDAYS

Time to **Pause** – Wellbeing

Time to **Reflect** upon what you have covered and where your topic strengths & weaknesses are?

Have you looked at the new “Study Smart” section on GCSEPOD? Might help you if some things are now working out.

<https://members.gcsepod.com/shared/podcasts/title/13213>



how to control physical reactions to anxiety



Deep breathing
When you become anxious your breathing becomes shallow and fast.

Breathing slowly and deeply will help you calm down and feel in control.

How do I do it?

- sit comfortably with a straight back
- place your left hand on your chest, and right hand below it, on your diaphragm
- inhale deeply through your nose for 5 seconds
- hold your breath for 2 seconds
- exhale slowly through your mouth
- feel the expansion in your diaphragm
- repeat for 1 or 2 minutes until you feel calm

The **key things to remember** are that:

- you can learn to control anxiety with deep breathing
- many people find it easier to learn with an instructor
- yoga or mindfulness classes can also be helpful

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how to feel more confident about exams

What are negative beliefs?
Many people with high exam anxiety can't stop worrying about failing or the consequences of failing. For instance, 'If I fail my GCSEs my whole life will be a failure.' These types of beliefs focus on what you can't do rather than what you can.

Replacing negative beliefs with positive beliefs
Find a positive, realistic belief that can replace the negative belief. For instance, if your negative belief is 'I am rubbish at maths' a positive, realistic alternative could be: 'Even if I will never be the best at maths, I will do better if I have a revision plan and stick to it.'

The **key things to remember** are that:

- if you suffer from anxiety, replacing negative beliefs can help
- some people find it helpful to keep a record of their beliefs
- you can become a more confident person with a 'can do' attitude

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HBHS Revisit: Chunk It Revision Timetable, April – June

(In this section it would be a good idea to plot your examination dates)

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Why revise in this way?

... because in an exam it is unlikely to say "write all you know about..."

It is more likely to say "evaluate..." or "assess..."

So revise in a way that means you have done your thinking already.

The more you "do something" with the information, the more effective your revision will be.

Just remember that by the summer you will be able to relax!

