Preparing for exams

headspace Miranda
9/02/2015
What is headspace

National Youth Mental Health Foundation of Australia
What headspace can help with....

A youth friendly service where you can get help for mental health and other health issues through a range of options:

- Mental Health counselling support
- Education and employment support
- Alcohol and other drugs services
- Physical Health
Who you might see at headspace Miranda

- Youth Access Clinician
- Psychologist
- Doctor
- Sexual Health Nurse
- Drug and Alcohol Counsellor
- Family Counsellor
- Youth Worker
What is stress??

• Normal physical response to events which make you feel threatened

• Feeling worried and overloaded

• Can help increase our energy & alertness
Types of stress

- Worry
- Anxiety
- Chronic stress
- Positive stress
Signs of Anxiety

• Constant worrying & ongoing increased fears
• Being unable to relax
• Worrying about the future
• Poor sleep
The stress curve

Stress Performance Connection

- Low: Sleep
- Medium: Alertness, Anxiety
- High: Optimal, Disorganization, High Performance
Stress about the HSC and exams WHY??

Thoughts
"I'll Fail the HSC"

Feelings
Stress / Anxiety

Behaviours
Avoid study

Biology
Fast heartbeat, Feeling sick
Common unhelpful thoughts young people have about the HSC

• I’m going to fail
• I never do well in exams
• My future will be ruined if I don’t do well
• What if I go blank in the exam
Stress Management

10 TIPS TO STRESS LESS

1. Look for opportunities in life’s challenges
2. Ask for help
3. Go for a walk
4. Give someone a sincere compliment
5. Focus more on things you can control
6. Enjoy a ride
7. Get involved with a cause you believe in
8. Go to bed earlier
9. Take a dance class
10. Relax and be free
Exam survival tips

1. Take time to plan
2. Look after yourself
3. Rest when you need it
4. Sleep, exercise and a healthy diet
5. Ask for help
6. Be prepared
Take time to plan

Strategies

- Prepare a study plan and goals for each day / week. Make sure it's balanced with other important things in your life - that way it will be easier to stick to.

- Talk to employers early to let them know you need to limit your shifts / hours while studying.

- Create a study space that is comfortable, quiet, well lit, organised, and has no distractions nearby, such as TV, phone, people talking, etc.

- Make sure you have everything you need for each study session as this helps to feel more confident and organised.
Look after yourself

Balance is the Key to Life
Rest when you need it

- Work out what times of day do you have the most energy and plan to study then.
- Don’t study more than 40-60 mins without a short break.
- When you have a break do something physical or fun, such as go for a short run or play with a pet.
- Try to keep your focus on school and exams rather than other stuff happening in your life.
- Relaxation is important, especially before bed, to slow the brain activity down.

*Note: do not overfill brain. Allow one hour for knowledge to soak in before topping up.*
Sleep, exercise and a healthy diet

• Research shows that adolescents and young adults need at least 7 - 9 hours of sleep a night

• Exercise is a good way to reduce stress and release’s endorphins and keep’s you energised. Adding some type of brisk exercise at least 3 times a week for 20mins.

• Set time aside for important meals, breakfast, lunch and dinner. Don’t skip meals especially breakfast. Students who have breakfast are seen to have better concentration, alertness and memory.
Ask for help

Know who your support people are

- Parents
- Friends
- Teachers
Prepare

KEEP CALM AND BE PREPARED
Realistic vs Unrealistic study plans

### Weekly Study Planner

<table>
<thead>
<tr>
<th>Timeslot/Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-8 am</td>
<td>Wake/Shower/Breakfast/Dress</td>
<td>Wake/Shower/Breakfast/Dress</td>
<td>Wake/Shower/Breakfast/Dress</td>
<td>Wake/Shower/Breakfast/Dress</td>
<td>Wake/Shower/Breakfast/Dress</td>
<td>Sleep</td>
<td>Sleep</td>
</tr>
<tr>
<td>8 - 9 am</td>
<td>Revise World War 1</td>
<td>Walk</td>
<td></td>
<td></td>
<td></td>
<td>Wake/Shower</td>
<td>Wake/Shower</td>
</tr>
<tr>
<td>9 - 10 am</td>
<td>HSC Modern History</td>
<td>Revise Maths</td>
<td>Revise Family</td>
<td></td>
<td></td>
<td>Wake/Breakfast</td>
<td>Wake/Breakfast</td>
</tr>
<tr>
<td>10 - 11 am</td>
<td>Revise Albert Speer</td>
<td>HSC Modern History</td>
<td>Revise Crimo</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>11 - 12 am</td>
<td>HSC Modern History</td>
<td></td>
<td>Drawing</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>12 - 1 pm</td>
<td>Lunch</td>
<td>HSC Modern History</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 - 2 pm</td>
<td>Revise Germany</td>
<td>Lunch</td>
<td>HSC Maths General 2</td>
<td>Revise Human Rights</td>
<td>Lunch</td>
<td></td>
<td>Lunch</td>
</tr>
<tr>
<td>2 - 3 pm</td>
<td></td>
<td></td>
<td>HSC Maths General 2</td>
<td></td>
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</tr>
<tr>
<td>3 - 4 pm</td>
<td>Photography</td>
<td>Revise Maths</td>
<td>HSC Maths General 2</td>
<td>Drawing</td>
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<tr>
<td>4 - 5 pm</td>
<td>Walk</td>
<td>Walk</td>
<td>HSC Maths General 2</td>
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<tr>
<td>5 - 6 pm</td>
<td>Dinner</td>
<td>Dinner</td>
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</tr>
<tr>
<td>6 - 7 pm</td>
<td>Revise Maths</td>
<td>Revise Maths</td>
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<td></td>
</tr>
<tr>
<td>7 - 8 pm</td>
<td>Relax</td>
<td>Relax</td>
<td>Relax</td>
<td>Relax</td>
<td>Relax</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 pm - late</td>
<td>Sleep</td>
<td>Sleep</td>
<td>Sleep</td>
<td>Sleep</td>
<td>Sleep</td>
<td>Relax/Sleep</td>
<td>Relax/Sleep</td>
</tr>
</tbody>
</table>
When to get help

Symptoms occur for several weeks,

- High levels of distress or being upset
- Eating disruption
- Sleep disruption
- Unable to refocus on anything but exams
Where to get help?

headspace Miranda
P: 9575-1500
E: headspace.hurstville@sesml.org.au
www.headspace.org.au/miranda
Where to get help?

eheadspace website
https://www.eheadspace.org.au/

Aged between 12 and 25 and going through a tough time?
Feeling stressed or anxious?
Experiencing bullying?
Want to talk about relationships?

eheadspace can provide confidential support, 7 days a week. You can talk to an eheadspace youth mental health professional through email, web chat, or telephone (1800 650 890).
headspace.org.au/eheadspace

someone else to talk to
headspace.org.au

School Counsellor

Kids Helpline
1800 55 1800

Lifeline
13 11 14
Acknowledgements