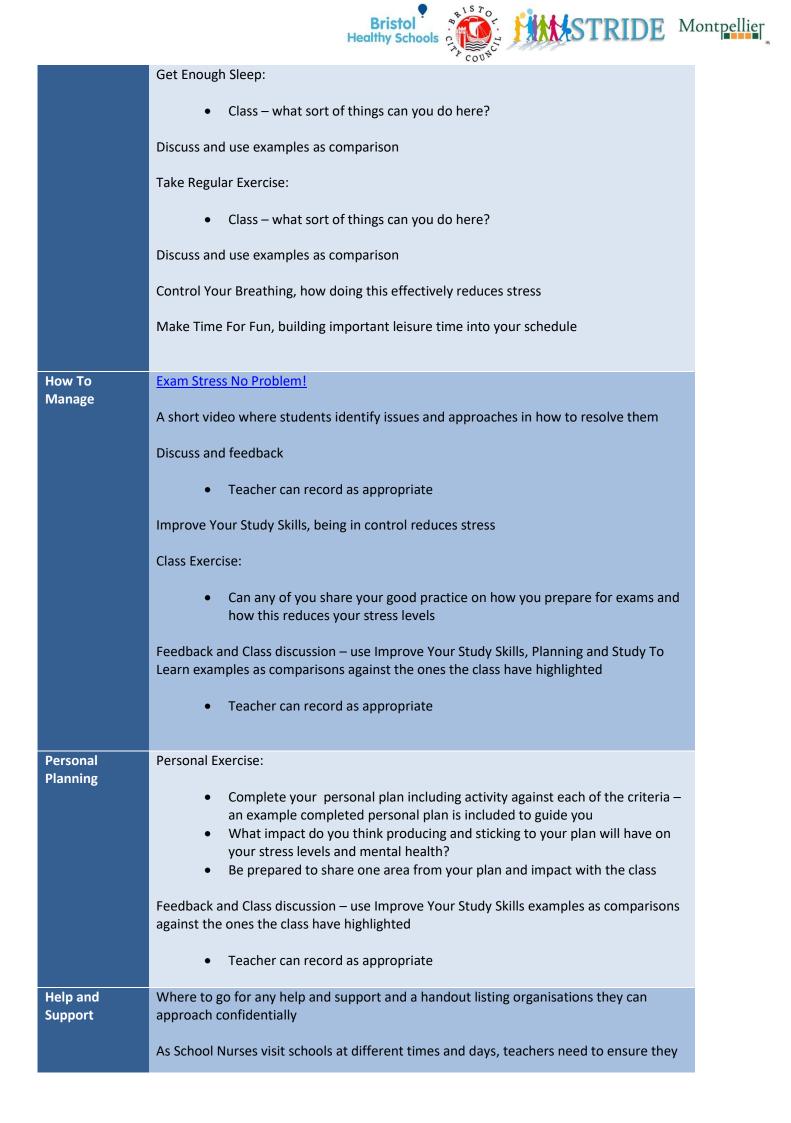




Year 10

Lesson 3 Coping with Exam Stress

Ground Rules	Slide of ground rules
Warm-up	Introduction outlining positive and negative effects on body and mind
	In Groups of 4:
	<ul> <li>Discuss and list what you think the sources of exam stress are</li> <li>Share them with the class</li> </ul>
	Feedback and discussion - use Causes of Exam Stress and compare with feedback
	Teacher to record feedback
Lesson Aims	Today we are going to - taken from the PSHE Association Curriculum Framework 2014 (updated 2017)
	<ul> <li>Understand strategies for managing exam stress and emotional wellbeing</li> </ul>
Anxiety And Stress	Test Anxiety, affects most people even if confident and know the subject – stress causes this
	In Groups of 4:
	<ul> <li>Using the Signs of Stress handout, look at some of the symptoms and make 2 lists:</li> </ul>
	<ul> <li>List 1 of those that you think are normal stress and pressure associated with exams and tests</li> </ul>
	<ul> <li>List 2, those that you think are more serious and where you think people should seek help</li> </ul>
	<ul> <li>Explain the reasons for your choices</li> </ul>
	Feedback and Class discussion
	Teacher can record as appropriate
Dealing With Stress	How Do I Deal With Stress, sprawled in front of TV, being online or trying to catch up with sleep at weekends don't help
	No magic wand, we have to learn to control stress through positive action
Strategies For Dealing With	Teacher can record responses to action below as appropriate
Stress	Be careful about what you eat and drink:
	<ul> <li>Class – what sort of things can you do here?</li> </ul>
	Discuss and use examples as comparison





	6004
	cover their schools dates and accessibility rules in this section
	Teachers need to cover the 'Your guide to children and young people's emotional health services
Evaluation	<ul> <li>Your reflection and feedback is important!</li> <li>Use 'What I Learned Today' evaluation form – students to complete these anonymously and hand them in for teacher to review and assess.</li> </ul>