

Task 2 – Top 5 revision tips

What are the 5 revision tips from this session?

1.

2.

3.

4.

5.

Task 3 - Reflection

How will these help you? What will you take away from today's session?

Task 2 – 9 ways to manage exam stress

Managing revision stress			<i>Is this something you already do? Tick if yes.</i>
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			

9.



Task 3 – Reflection

Which of these strategies do you consider/use already?

Which ones are you going to use in the future?

When might you choose coping strategies that are not helpful?

What other choices could you make?
