

Chill out.

Positively reward yourself after doing work/revision for a period of time, such as eating something you like or doing something you enjoy.

Listen to some calming music.

Talk to friends, family and teachers about any stresses and anxieties, tackling them from the beginning.

Make a list of what you need to do.



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REVISION AND ASSIGNMENT TIPS FROM STUDENTS

Get a good night's sleep. Do some exercise during the day as this makes sleeping easier. When you're less tired you are more likely to have a higher productivity and have reduced anxiety.

Use a diary or a notebook to write down the dates and times specifically of when they need to be done for.

Rather than having a to do list, make a list of what you have completed instead. I find this makes me more motivated to do more work and to a better standard.

Do some yoga or pilates to take your mind off things.

Don't be worried about the unknown, things will work out and support will always be there from staff at Coleg Cambria.