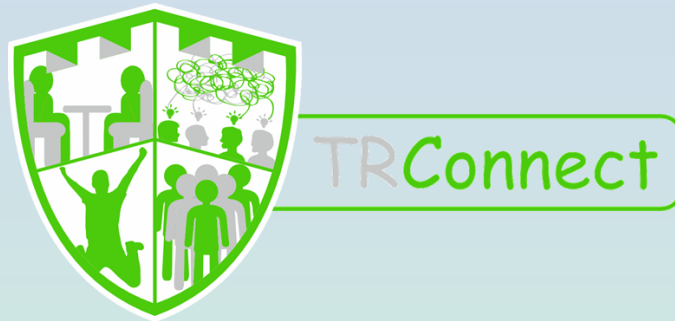


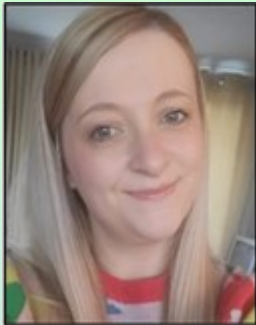
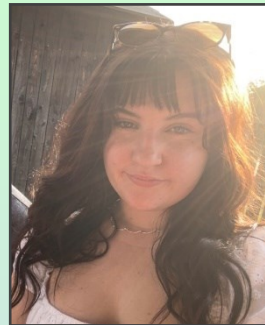


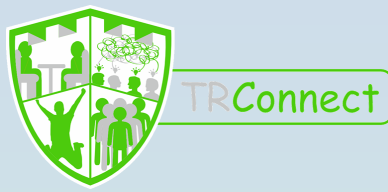
Exams, Revision and Managing Stress

This newsletter is designed to offer practical guidance on managing your time and stress levels as you prepare for upcoming exams or assessments. Inside, you'll find helpful strategies to support your mental wellbeing, including tips for reducing anxiety, organising your revision, practising self-care, and preparing effectively for exam periods.

The TRConnect Team is here to support you every step of the way. If you would like further support, advice or guidance, please see inside the newsletter on how you can get in touch.

The TRConnect team

		
Jess Inglis College Counsellor M102E	Charlotte McGowan Mental Health Support Team Coordinator Youth Mental Health First Aider Registered Trauma Informed Practitioner M102C	Abby Dobson Thrive Keyworker – SEMH lead Trainee Counsellor W101/ W208



Mental Health & Wellbeing Support

Please find further information about the TRConnect service below. We do advise students to attend the drop in sessions in the first instance, so we can offer advice, signposting and self-help resources. If we feel it is appropriate, we will discuss more about the self-referral to look at the additional enhanced support available.

Drop in sessions

Please find the information about the days and times below. Within the drop-in sessions, you will be able to access signposting from a member of the TRConnect team and access practical self-help resources to gain more strategies to support your wellbeing. These are located in **M102F**, the narrow corridor near the careers team and Student Services.

Day	Time
Monday & Tuesday	8-9 11.40–12.20
Wednesday & Thursday	8-9
Friday	8-8.30

With Me in Mind & Talking Therapies

We can offer and support referrals to With Me in Mind (under 18s) and can signpost and offer advice regarding self-referrals to Talking Therapies (over 16 1/2). Please see the below links for further information about both of the services.

[With Me in Mind](#)

[Talking Therapies](#)

Peer Mentors

We have a group of Peer Mentors (trained by With Me in Mind) who can offer support sessions with our students with low level support needs. We make sure that we allocate peer mentors by aligning interests, hobbies and future aspirations and goals.

Counselling

The TRConnect team support students who may be struggling with anxiety/low mood, particularly if these are barriers to your learning, however if these issues are impacting on all areas of your life, counselling might be a more appropriate source of support. Counsellors are more likely to work with a student who has been diagnosed with a mental health disorder, but not exclusively.

Please take a look at [A-Z of local Support Services](#) for links to services in the local area.

Test, assessments and exams

These can be a challenging part of college life for students and their parents or carers. It's normal to feel worried about exams, but sometimes the anxiety and stress can become overwhelming and it might start to affect your sleeping or eating habits. Don't feel alone, there's lots of help and support available in college.

Where to go for help, support & guidance

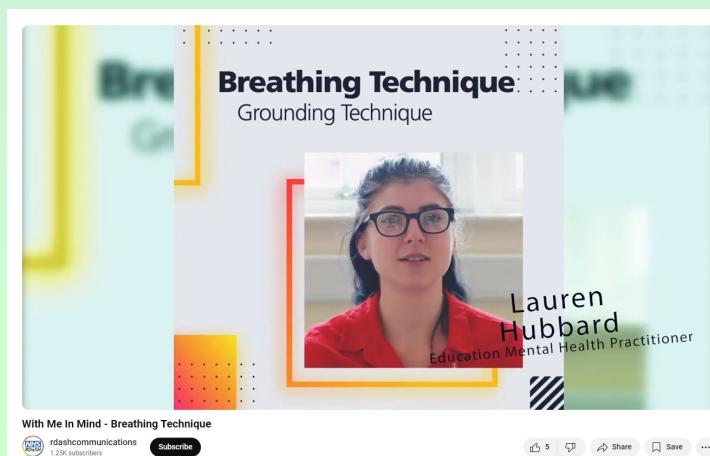
- Teachers
- Progress Tutor
- TRConnect team
- Thrive team
- Safeguarding team

Click the images below for helpful videos from YouTube.

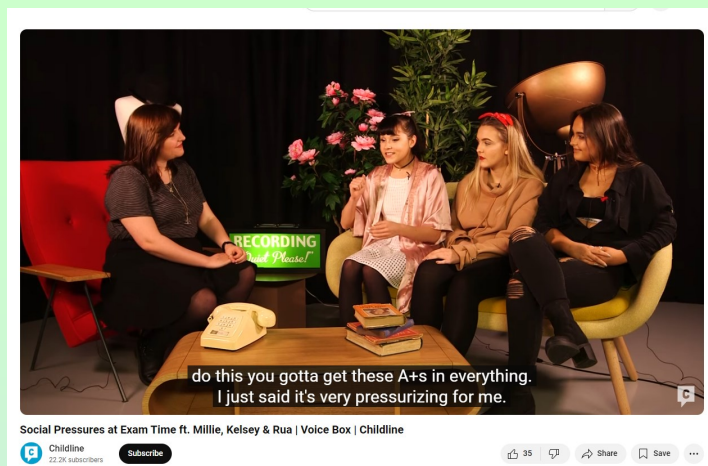
[HealthForTeens– Exam Stress](#)

[Childline–Exam Stress tips](#)

[Relaxation Techniques](#)



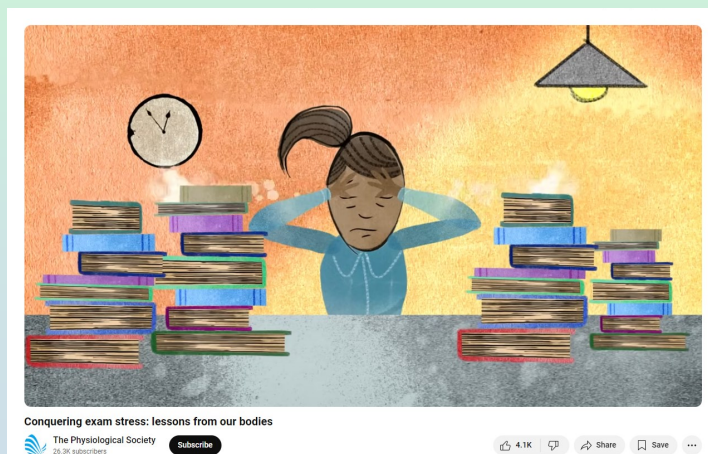
With me in Mind–Breathing Techniques



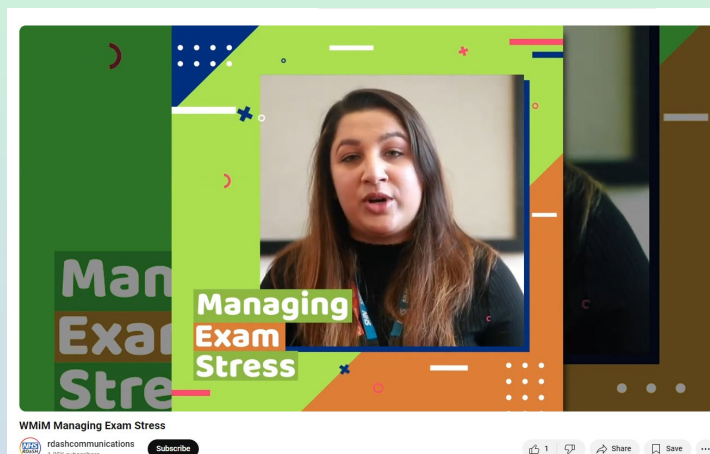
Childline–Social pressures at exam time



Childline–Exams and mental health



Conquering exam stress–lesson from our bodies



With me in Mind–Managing exam stress

Self Care Tips

Taking care of yourself is still something you need to keep in mind because exams can really take a toll on your mental and physical health.

Here is a list of things you can do (maybe even daily) to unwind during and after exam season:

Physical	Emotional
• Eat a healthy diet. • Try some relaxation tips. • Have a break from technology: put phone on do not disturb/airplane mode • Exercise regularly for 30 minutes. • Have a bath, or shower.	• Write a gratitude journal every morning • Develop positive friendships • Do something which you enjoy • Allow yourself time to be present with emotions • Validate how you are feeling and accept your emotions • Keep a mood diary • Make time to speak to others about how you feel. • Focus on yourself—don't compare yourself to others
Social	Practical
• Arrange to see friends • Arrange a phone call, or video call • Join a local group • Make a bucket list with friends • Spend time with family • Start a hobby, or join a club	• Organise your day • Try and get dressed every morning • Set goals both short term and long term • Create a timetable • Use a diary • Learn something new • Make a list of long term tasks you need to complete that you can do when you're bored and tick them off once completed • Be realistic about what you can achieve in one day • Make time to find the right balance - take regular breaks

Breathing Exercises

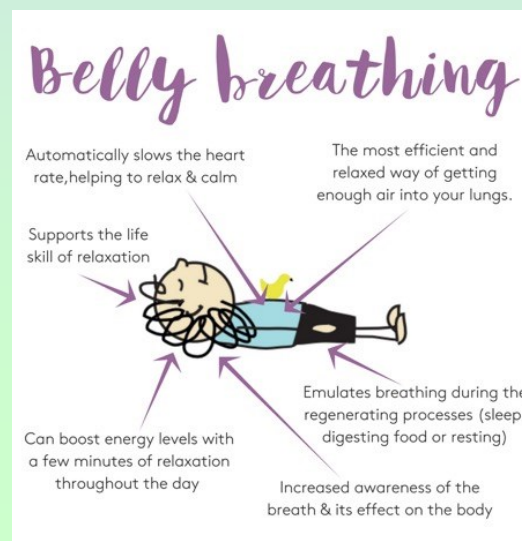
When we feel stressed, our breathing rate and pattern changes as part of the 'fight-or-flight response'. Scientific studies have shown that controlling your breath can help to manage stress and stress-related conditions. Breath control is also used in practices such as yoga, tai chi and some forms of meditation. Many people use their breathing to help promote relaxation and reduce stress. Take a look at some YouTube links below and have a go at some at home/in your free time.



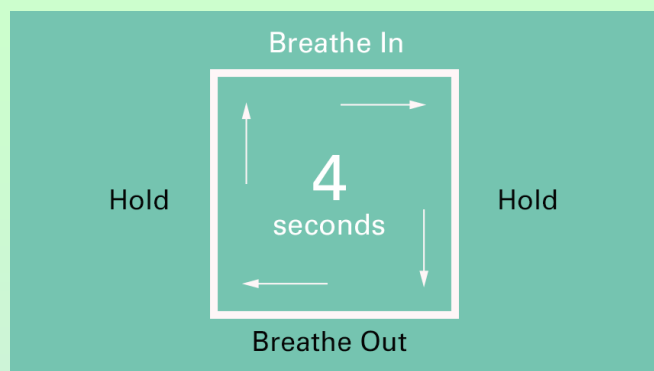
[YouTube— 5-4-3-2-1 Grounding Exercise](#)



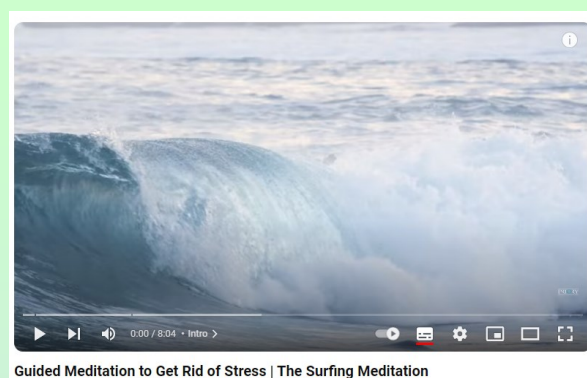
[YouTube—Bubble Breathing](#)



[YouTube—Belly Breathing](#)



[YouTube—Box breathing](#)



[YouTube— Guided Meditation](#)



[YouTube—2 minute Mindfulness—Ladder breathing](#)

Suggested Reading

"The Boy, the Mole, the Fox and the Horse is not only a thought-provoking, discussion-worthy story, the book itself is an object of art."

-- New York Times

[Amazon Link—Hardback, Audiobook & Kindle version](#)

[BBC iPlayer— The Boy, the Mole, the Fox and the Horse](#)

"What is the bravest thing you've ever said?" asked the boy.



"Help," said the horse.



"I can't see a way through," said the boy.
"Can you see your next step?"
"Yes"
"Just take that," said the horse.

"Always remember you matter, you're important and you are loved, and you bring to this world things no one else can."



things no one else can."

Charlie Mackesy
© CHARLIE MACKESY

"One of the kindest things you can do, is be gentle and patient with yourself."



Charlie Mackesy
© CHARLIE MACKESY

Let's talk about revision!



There are many perks to making a revision timetable. Not only does it keep you organised, but it ensures that you're maintaining a healthy study-life balance while getting you ready for your exams. Here's how a revision timetable can help you.

Prioritise topics

Before creating your revision timetable, decide which subjects you're strongest at and which are your weakest. Outlining this before you start revising will give you oversight into what topics you need to spend a bit more time on.

Divide time appropriately

Once you've outlined which topics you'll need to spend more time on, reflect this in your revision timetable. Allocate more time to any subjects you feel less confident about. Do remember to still make time to cover topics that you're feeling confident about. What's important is revising each topic but being smart about the time allocated to each.

Chunk subjects

Split each subject you plan to study into separate chunks. This allows you to separate the subjects that you don't need to spend as much time revising from those you do. You'll also get an overview of how many topics you need to cover and how much time you should be allocating to each.

Colour-code subjects

Representing each subject in your revision timetable with a different colour will provide a better visual overview of your study. At a glance you can easily see what's coming up. You can check that you're spending the right amount of time per subject and pinpoint which topics you need to allocate more time to.

Schedule breaks

Divide your study time up with appropriate breaks. Short breaks every 30 to 35 minutes will allow you to vary what you study throughout the day. You'll be able to approach each topic with a fresh mind and not feel burnt out after a few hours. Stepping away from your study and coming back with a clear head can also help with problem solving.

Fit around your daily life

Your daily life shouldn't be put on hold because you're revising. It's important that you create a revision timetable that considers your usual daily activities, things you enjoy and getting rest. Scheduling these into your timetable will provide balance and give you the chance to take breaks when you need.

Be flexible

Studying a topic for less time than you intended or missing a study session isn't the end of the world. Life happens and a revision timetable should account for that. Leave room in your timetable for flexibility in case you need to move some topics around. You might also find that on some days, you have more energy and motivation than others.

Try going digital

You might prefer crafting a hand drawn revision timetable, and that's ok. But you may find a digital one more convenient. Using the calendar in your phone, your email or any timetable app will mean you always have your revision timetable with you. When you need to be flexible, it's also a lot easier to make changes to a digital version of your timetable than a written one.

Source: whatuni.com

Revision Timetable—Example

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00							
9:00-10:15							
BREAK							
10:25-11:40							
LUNCH							
12:20-1:35							
BREAK							
1:45-3:00							PAST PAPER
BREAK							
3:10-4:25					PAST PAPER		
4:25-5:00							
5:00-6:00	PAST PAPER		TEA				
6:00-7:00	TEA	TEA		TEA	TEA		TEA
7:00-8:00						TEA	
8:00-9:00							
9:00-10:00							

 MATHS	 CRIMINOLOGY	 COMPUTER SCIENCE	 ACTIVITY E.G. GYM
 LESSON			
			

Click below for some resources from the Thrive team to support with revision & time management

[OneDrive—Revision resources](#)

Upcoming events



CONNECT
Social group

A supportive place for everyone.

In the foundation room Monday lunchtimes on the following dates:

- 23rd February
- 9th March
- 23rd March
- 13th April
- 27th April
- 11th May (room TBC)

Connect is a safe, welcoming group and space designed to help students make friends, meet new people, and reduce feelings of loneliness. It is currently running **fortnightly** in the Foundation Room (next group is on 9th of March) and is **peer mentor led** (not staff led).

Activities on offer include:

- Board games
- Lego building
- Crafts
- Mindfulness colouring
- Eating lunch together
- Chatting and meeting someone new

Please do pop along to meet the

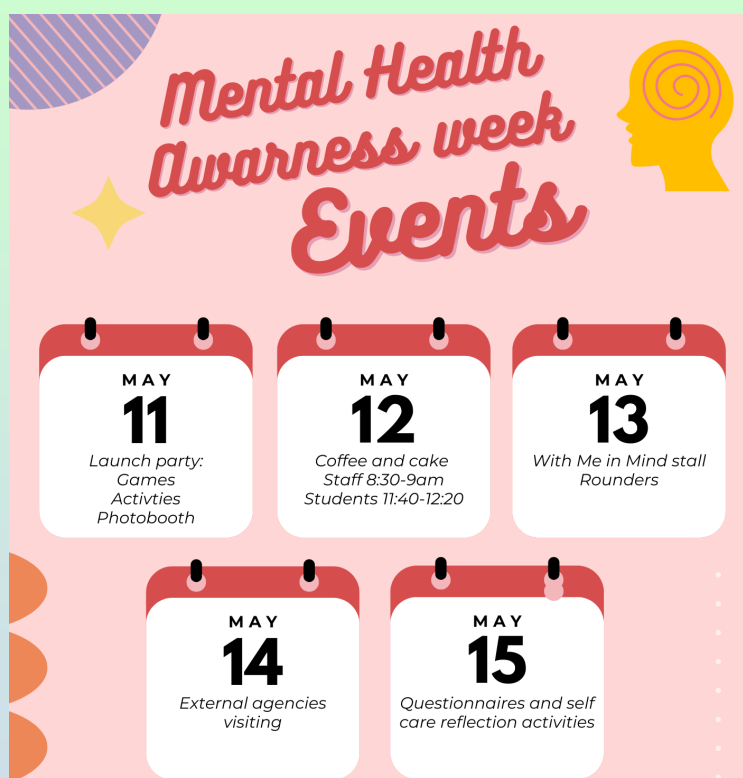
Mental Health Awareness Week 11th - 15th May

Looking after your mental health matters.

It's also really important to raise awareness and reduce the stigma of talking about our mental health.

Join us for activities, support, and conversations all week.

- Healthy breakfasts on offer in the Courtyard
- Games/activities (with prizes)
- Photobooth
- External agency stalls
- Time to talk event with pastries/tea/coffee available @ lunch.
- Free wellbeing kits
- Rounders fun on the AstroTurf @ lunch.
- Student voice opportunities - Mental Health & Wellbeing



Mental Health Awareness week Events

MAY 11 Launch party: Games Activities Photobooth	MAY 12 Coffee and cake Staff 8:30-9am Students 11:40-12:20	MAY 13 With Me in Mind stall Rounders
MAY 14 External agencies visiting	MAY 15 Questionnaires and self care reflection activities	

Upcoming workshops

Workshop information	Date & time
With Me in Mind—Exam Stress To support students who are affected by exam stress and anxiety. This is open to all students—you may want to prepare for summer exams this year or prepare strategies in advance for next year. The workshop is run by the With me in Mind Educational Mental Health Practitioners Mariam & Martin. <u>Click here to sign up!!</u>	Thursday 23rd of April 11:30-12:30 Foundation Room M110 You will be authorised to leave GREEN block early and arrive to PURPLE block late.
Wellbeing & Self-care Discover practical, everyday ways to boost your wellbeing and look after yourself using self-care and self-regulation strategies. <u>Click here to sign up!!</u>	Thursday 7th May Green 4 Yellow 4 Red 4 Room to be confirmed
Time management, organisation and overcoming procrastination Struggling to start tasks? Always leaving things to the last minute? This workshop teaches why procrastination happens and gives you tools to manage your time, get organised, and feel less stressed about deadlines. <u>Click here to sign up!!</u>	Thursday 7th May Green 4 Purple 4 Yellow 4 Room to be confirmed

Spaces are limited so please do get in touch as soon as possible to confirm your place.

Staff advice @ TRC

Caroline Foster	Science
Exam Top Tips	-If you don't know it 2 hours before the exam, you never will. Just relax. -Arrive early for the exam, but don't hang out with everyone else who wants to talk about the exam. -Revise things you don't know, not the things you do. -Looking after your physical wellbeing is key - eat well, sleep well, make time for exercise. -When you feel really stressed about something, ask yourself - 'Will I worry about this on my deathbed?' - you probably won't.
How I look after my mental health and wellbeing	Practice mindfulness, ensure I wind down before bed, eat regularly, maintain friendships. Exercise

Claire Dobson	Progress Tutor
Exam Top Tips	Start early! Make a revision time table and then you need to stick to it! Don't just read your notes - you have to make it active! Use a revision technique that works for you - visual, auditory etc. Don't revise the things you already know - you need to move onto the topics you find difficult.
Personal struggles with stress & information on what did I do to overcome this.	Have regular breaks and do something you enjoy in your downtime. You can't be working all hours or you won't be taking it in! Reward yourself when you have worked hard. Be kind to yourself.
How I look after my mental health and wellbeing	I exercise each morning (either swimming or going to the gym) which is a great way to start the day!

Emma Shakespeare	Vice Principal
Personal struggles with stress & information on what did I do to overcome this.	I (still!) get very nervous if I have to write answers under timed conditions using pen and paper! This started with English essays when I was at school and I have not yet managed to get rid of it. I cope by using breathing techniques to relax before putting pen to paper (breathing in for 4 and out for 6), annotating questions and writing a quick numbered plan.
How I look after my mental health and wellbeing	Yoga once a week :-)

Annabella Vaughan	VAPAM
Exam Top Tips	A healthy sleep pattern (at least 7 hours every night) which can be achieved by removing screens from bedrooms, not consuming caffeine past 3pm, and going to bed at the same time every night. Also, in terms of actual revision, testing yourself regularly. Don't just read through notes!
Personal struggles with stress & information on what did I do to overcome this.	In secondary school, I really struggled with Maths and Science, and was very anxious on the lead up to the exams. I attended every revision session, completed past homework tasks and tested myself using past exam papers to prepare.
How I look after my mental health and wellbeing	Every morning, I ensure that I get up early enough to have time to have a coffee, breakfast and watch the news before I come to work. This helps with my mental health as I start the day doing something I actually want to do. I also have one day off a week where I don't complete any work.

Chris Naylor	Science
Exam Top Tips	Plan what you are going to do and when. Make sure you plan in time to relax and do something you enjoy. Ask for help if you need it!
How I look after my mental health and wellbeing	Make sure that I spend some time doing something for me. Make the most of opportunities that are offered.

Mandy Senior	Maths/ Assistant Principal
Exam Top Tips	Drink water to stay hydrated. Revise in small chunks - little and often approach. Practice questions and make revision active - don't just read information. Stick key words, diagrams, formulae that you might need to memorise on the fridge/ your mirror, then every time you open the fridge/look in the mirror read it and test yourself.
How I look after my mental health and wellbeing	Reward yourself for small accomplishments. Be kind to yourself.

Fran Trafford	Humanities
Exam Top Tips	Get into a sleep routine, but remember this takes time! (You won't fall asleep at 10pm from the off!) Make your bed in the morning - it means your day starts with an achievement, and it will motivate you to do another task!
Personal struggles with stress & information on what did I do to overcome this.	I really struggle to remember specific information, and when I did my A Levels at TRC this caused me a lot of stress. I used to (and if I'm honest, still do!) get frustrated that other people seem to remember things so much more easily than me. To tackle this, I remind myself that having a poor memory doesn't mean I can't achieve great things! Getting there might be difficult and testing, but that doesn't mean it can't be done. To tackle my poor memory, I relentlessly test myself with a mini whiteboard. For my A Levels I used to take sub-topics and write out everything I could without notes. I did this again, and again and again! Until I could remember everything! Sometimes it would really test my mental health, but, it mostly improved my mental health, because I was taking control of the issue, and this made me less anxious.
How I look after my mental health and wellbeing	Every night I cook from scratch. It gives me an hour or two to unwind from work and forces me to 'switch off' from anything that might be causing stress.

Tansy Wright	Languages
Exam Top Tips	Organise a revision timetable- so decide how many hours/which days you will spend on each subject in the week. Give yourself small treats to reward yourself for completing revision activities e.g. watching your favourite show, meeting a friend, playing a video game, listening to music etc. Start revision early not the week before the exam. Practise with exam questions. Get a balance of study time and self care time
Personal struggles with stress & information on what did I do to overcome this.	Be organised. Work smart! Prioritise which tasks need doing first. Take care of your mental and physical health. Yoga, going to the gym and getting out in the countryside for walks can help de-stress so that you feel more energised to tackle your workload.
How I look after my mental health and wellbeing	Long term - Enjoy cooking especially cooking something comforting on the weekends. I exercise 3-4 times a week, a mixture of cardio, weights, yoga, and Pilates. I like to book a holiday, mini break or event to go to like a meal out, gig, film etc. something to look forward to. I like to get out walking in the countryside when the weather is decent. Short term- Uplifting tunes in the car in the morning. At the end of a day- shut off from work once I leave the building. Not checking emails. Exercise or do yoga to take my mind off work. Cup of tea at night while watching a favourite show. Low lighting - pretty smelling candles.

Charlotte McGowan	TRConnect
Exam Top Tips	Finish revising the night before exams at 9 (at the latest). Make sure to do something enjoyable - watch your favourite TV show, have a bath, listen to some music, play a game etc. Make sure to try and have a good night sleep and eat something in the morning/before your exam, even if you don't really feel like it - otherwise you know your stomach will be rumbling mid exam and that's never helpful!
Personal struggles with stress & information on what did I do to overcome this.	When I have a lot to do I still now get really overwhelmed. I like to make sure I'm organised and have a plan so I create mind maps, lists and draw out my ideas so they're not swimming around in my head and getting all confused. I work through my to do list and often add tasks that I've already completed so I can tick off straight away - there's nothing like the feeling of accomplishment to motivate you to continue!
How I look after my mental health and wellbeing	At the end of the day I have a cup of tea and a little bit of chocolate. I also like to make sure every couple of weeks I make plans to do something fun - with my family or friends.

Amy Allsopp	Science
Exam Top Tips	- Chunk your time up into small, manageable sessions. - Plan yourself an incentive, something to work towards. - Revise in a range of ways - try videos, podcasts, mind maps, quizzes etc. - Just reading your notes isn't revision, you need to engage with the content and apply it to exam questions.
Personal struggles with stress & information on what did I	I always found the exam side of things more difficult. It helped to stay as organised as possible and not leave things to the last minute.
How I look after my mental health and wellbeing	I leave one day a week completely free of any work to spend with people I love, doing the things I love.

Klaudia Chamberlain	Maths
Exam Top Tips	Read questions carefully Highlight all most important information Do first questions that are your strength If a multiple choice is given, and you do not know the answer - circle something. You have 25% chance to get it right.
Personal struggles with stress & information on what did I	Yes. It helped when talked to my parents and teachers. I revised a lot.
How I look after my mental health and wellbeing	I exercise every day, but weekends. In evening I always have a piece of chocolate.

Jessica Inglis	Counsellor
Exam Top Tips	A self care evening the night before, a good amount of sleep and a breakfast you will enjoy. Read through the paper when you get it and use some spare paper to make any notes you may find hard to remember. I found emptying my head when I got in there useful.
Personal struggles with stress & information on what did I do to overcome this.	I found exams really stressful and I was really strict with my revision and routine. I would make sure I broke things down into 30 minute slots and took regular breaks. I would motivate myself with plans I would make for weekends. I would try and make revision as 'fun' as possible, depending on my learning style. I had to make it engaging, or I would get bored and frustrated.
How I look after my mental health and wellbeing	I have one night a week for self care, where I get something nice for tea and watch something light hearted. Getting early nights helps me with my wellbeing, as I am someone who has to have a lot of sleep. I love to socialise with family and friends, but sometimes it's nice to put my phone on do not disturb as this helps me be present.

Helen Kirk	Progress Tutor
Exam Top Tips	Revise in chunks, little & often, RAG topics, take regular breaks & get out of the house for some fresh air, go for a walk or get some exercise, share your feelings if stressed or anxious with family & friends, treat yourself to something nice when you have completed a certain amount of revision, chocolate works for me!
Personal struggles with stress & information on what did I do to overcome this.	Any exam I have ever taken has stressed me out! Just remember the bigger picture, the period of revision is only a short period of time, revise well as it will soon be over & you can focus on the future.
How I look after my mental health and wellbeing	Long term - Have something to look forward to, like a holiday or activity. Short term - Chocolate!

Stacey Wall	Science
Exam Top Tips	A reasonable amount of sleep. Organisation of revision - timetable. Good diet. Meditation.
How I look after my mental health and wellbeing	Zumba, running, to-do lists, have at least one weekend day off to see friends and family.

Ram Singh	Maths
Exam Top Tips	Memorise your key facts, practice your methods

Ben Paramore	VAPAM
Exam Top Tips	Organisation - Have a clear roadmap for your exams and revision, this way you won't have to panic about how you are going to cram everything in. Little and often revision - Long self-imposed revision sessions are not always the answer, using techniques such as flashcards each evening for 30 minutes over a long span of time is just as effective. Diamonds are not formed under pressure - Don't leave your work till the last minute. If you are lucky enough to pass with no prep, then imagine what you could achieve with prep! Challenge yourself!
Personal struggles with stress & information on what did I do to overcome this.	Absolutely, I really struggled with stress during my Master's degree as I was working at the same time as a musician. Because of this I would often turn up to Monday's lecture having had late nights and physically demanding weekends. I would recommend not spreading yourself too thin and make sure you are getting the rest your body needs. Something that I am still trying to manage now haha.
How I look after my mental health and wellbeing	Once a month I will book an event, gig or time to go out with friends. This gives me something to always be looking forward to and a treat at the end of my hard work. On a weekly basis I like to have one evening per week where I can escape into fantasy and forget about the world. My favourite way of doing this is through Dungeons & Dragons, but video games work just as well, or a good ol' fashioned book.

Cynthia Straw	Adult Evening Language classes
Exam Top Tips	As well as the usual, eating well, sleeping enough hours, move your body ideally a walk in nature, super important to hydrate yourself (with water) during the day as the brain needs plenty of water and breathe deeply at least three times before your test to make sure your brain has got plenty of oxygen.
Personal struggles with stress & information on what did I do to overcome this.	I have felt the stress of exams during university and it helped me looking at things from a different perspective so instead of feeling overwhelmed by all the exams and work that needed doing I understood that I can only do one thing at a time so the way forward for me was to plan when I was doing what (revising, homework....) and then just focus on the task that needed doing first then the next one and so on without thinking of ALL the activities I need to do in a week, a month.... because I have planned what it could be planned.
How I look after my mental health and wellbeing	I need to exercise everyday even if it is only 30 minutes but I found it works better for me everyday than 3 times a week one hour. I also use pure essential oils to help calm down or to invigorate me if that is what I need.

Gemma Bridgstock	Counsellor
Exam Top Tips	Test yourself on your learning-don't just read, try and tackle the bits you don't like rather than avoid them. Try and avoid discussing revision/what you know/don't know with others just before the exam.
Personal struggles with stress & information on what did I do to overcome this.	Sometimes I have found it most helpful to try and talk with my partner about what I am worrying about to get another perspective and to avoid running it over in my head. Sometimes I have preferred to distract myself with absorbing activities like watching TV, cooking a meal or finding another activity to focus on.
How I look after my mental health and wellbeing	I try to find time to read (books/newspapers/magazines) in quiet with a cuppa for even just a few minutes a day. I make an effort to avoid being distracted by my mobile phone when I don't want to be by using the don't disturb function/ leaving my phone at home/not engaging with much social media/email. I attend Pilates once a week and try to do other exercise when I can find the motivation (not always successful with this one!).

Abby Dobson	Thrive
Exam Top Tips	Use a revision timetable to breakdown revision topics Rate all topics Red, Amber, Green so it is clear which ones to focus on. Get someone to test you Talk to friends also doing an exam
Personal struggles with stress & information on what did I do to overcome this.	I spoke to my friends who were also doing exams as they could relate to how I was feeling.
How I look after my mental health and wellbeing	See friends often and make sure I spend time doing things I enjoy.

Eve Gambling	Thrive
Exam Top Tips	Revise with other people - Get people to test you on your notes to improve recall and make it engaging Use rewards e.g. snacks, an episode of a tv show, phone time etc. as a way to motivate yourself and get to milestones you have set yourself e.g. after a past paper or making a mind map or testing yourself on a particular topic Plan your outfit/pack your bag/make or plan breakfast etc. the night before so you have less to stress about in morning
Personal struggles with stress & information on what did I do to overcome this.	I made sure to take time to relax and do things I enjoyed - it's good to have a healthy balance
How I look after my mental health and wellbeing	Have regular catch ups with friends/family

Georgina Grigg	Humanities
Exam Top Tips	Sleep well leading up to your exams as well as the night before! Nothing goes in the night or morning before, spend that time breathing and relaxing! Eat a healthy breakfast (not just an energy drink) this gives you energy for the WHOLE exam! Breathe. So simple yet SO effecting. Before you open the paper- breathe! If you read a Q you hate- stop and breathe. It gives you a moment! Trust me! BREATHE! A big old deep breath!
Personal struggles with stress & information on what did I do to overcome this.	I hated exams! I used to get so stressed that every time I was in an exam room I would throw up everywhere. I was so focused on others and if they were writing or not. I breathed! If I started to feel stressed I would stop and have a deep breath. I reminded myself that they are my exams and not everyone else's, and they might be writing, but it might be wrong. So focus on your self! Spend some time reading and breaking down the question so I knew what it was asking and therefore I felt more confident answering.
How I look after my mental health and wellbeing	Think about a positive moment from the day before bed. Helps to sleep in a positive mindset and get ready for the next day!

Emma Beardshaw	Science
Exam Top Tips	Revise for 20 minutes then have a break. Make a revision timetable to help you organise your time Practise exam papers they will ask the same question in different ways Rest is important and try meditation to help you reduce exam anxiety and sleep better. Make flash cards so your parents/carers/friends can test you
Personal struggles with stress & information on what did I do to overcome this.	I really struggled during my A levels but found that taking regular breaks, going for a run or walk helped to reduce my stress. Really prepped for months before exams, no last minute cramming as that was sure to stress me out.
How I look after my mental health and wellbeing	Long term - I crochet and this helps me switch off. I also exercise and meditate both help relax me and clear my mind after a long day.

Stacey Wall	Science
Exam Top Tips	A reasonable amount of sleep. Organisation of revision - timetable. Good diet. Meditation.
How I look after my mental health and wellbeing	Zumba, running, to-do lists, have at least one weekend day off to see friends / family.

Joel Wirth	Principal
Exam Top Tips	Plan the first 7 minutes of every exam. Know your way around the paper. Do a quick knowledge dump as soon as the invigilator tells you to get going. Plan your answers. Think of an exam like a game you're playing against the examiner - try and spot where they're trying to trip you up.
Personal struggles with stress & information on what did I do to overcome this.	An actor friend once told me that stress and nerves were just the body's way of getting ready to perform. Being 'ready to perform' is, therefore, the most important thing: do your revision, be prepared, reach out for support.
How I look after my mental health and wellbeing	I play and listen to music. I read. I do cryptic crosswords and spend too long playing complicated games of solitaire on my laptop...



5 Ways to Wellbeing

Wellbeing doesn't have a set meaning; we use it to talk about how we feel, how we are coping with everyday life and what we feel is achievable. Good wellbeing doesn't mean that you're always happy, or that you are unaffected by your life experiences.

Take a look at the video links below that explore mental health and wellbeing.

[We all have Mental Health](#)

[5 Ways to Wellbeing](#)

[What do we know about Mental Health?](#)



1. CONNECT

Connect with the people around you, whether this is friends, family, or going out and meeting new people. This makes you feel close to others and valued for who you are. You can connect with people in many ways – in a one-to-one setting, with a large group of friends, online, via a phone call/FaceTime, or even (the long-lost art of) sending a letter.

You could:

- Take time to ask how someone else is doing, and really listen to how they are feeling.
- Make plans to meet up with friends/family at the weekend or after college.
- Join a club/team – take a look at our lunch club/activities/enrichment that are available in college. There are so many ways you could connect with friends and/or meet new people. Take a look at what's on offer : [Activities](#)
- Discover a new hobby – try out something new, it could be something just for you, or a hobby you can share with friends or family.

2. BE ACTIVE

There are many things that you can do to remain active – it doesn't necessarily mean you have to run a marathon, or go to the gym every day. Studies have shown that if you exercise regularly, it can improve sleep, create happier moods, and reduce the feeling of anxiety or worrying thoughts.

Ideas for being active:

- Go for a walk – take the dog to the park or ask a friend to go with you for a walk and talk.

3. TAKE NOTICE

It's important to regularly take a step back and notice how you're feeling. It can help you to really understand what your triggers may be. It also helps by giving you the opportunity to 'savour the moment' which can make us feel more positive.

Try to:

- Clear the clutter – tidy your room, have a calm and inviting space for you to be able to relax in.
- Instead of looking down at your phone and scrolling through social media on your way to college – look at the houses, the street signs, the people, wildlife, and the scenery around you on the way. Are there things that you've never noticed before?
- Try something new for lunch, don't get stuck in the same routine – there are so many options for lunch in the courtyard, mix it up a little! [Courtyard Menu](#)
- Buy a plant— look at how regularly you would need to look after it, watch it grow!

4. KEEP LEARNING

We are learning new things all the time – often without realising it. Doing this can help you feel more positive and boost your self-esteem. Setting small, achievable goals can also make you feel more productive, giving you a sense of achievement.

You could

- Ask your friend to tell you something about them that you might not know. Can they juggle? Are they a fabulous chef, or have a great talent you might not have expected?
- Read a new book – this could be a factual book about a moment in time you find intriguing, it could be a fictional crime thriller that you really get into, or a rom-com that might make you cry.
- Do a puzzle – a crossword or a [Sudoku](#), maybe even a word search or [Wordle](#).
- Keep in touch with what is happening around the world. Look on [BBC news](#), or [Daily Mail](#) website.
- Go to the LRC – find a book to read in your spare time or look for books that links to the subjects you are studying – could they help you to support your knowledge?
- Feel like you may be struggling with some of the key study skills within your subject? Speak to your subject teacher and they can discuss the support that college can offer.

5. GIVE

Helping and supporting, giving your time and attention to others can really make you feel happy. Is there anything that you could do today that is kind or helpful to someone?

You could

- Make a cup of tea/coffee for someone.
- Leave a friend, family member, member of staff at college, a note to say, "Thank you", a quote, a doodle, or just sending them a text or email to check in.
- Hold the door open for someone.
- Take the time to listen to a friend/family member who is struggling.
- Do something that will make the day easier for someone else.
- Help a friend who may be stuck on their homework/coursework.

Take a look at what you can do in April to make it **Mindful** with help from the Action for Happiness Calendar.

Active April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today
6 Do a body-scan meditation and really notice how your body feels	7 Get natural light early in the day. Dim the lights in the evening	8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside
13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often
20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes
 27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat	29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today			

ACTION FOR HAPPINESS

Happier · Kinder · Together

Everyone's path to happiness is different. Based on the latest research, **Action For Happiness** have identified 10 Keys that tend to make life happier and more fulfilling.

You can explore them below by clicking on the image below.

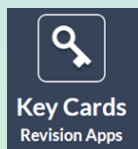
 Giving Do kind things for others	 Relating Connect with people	 Exercising Take care of your body	 Awareness Live life mindfully	 Trying Out Keep learning new things
 Direction Have goals to look forward to	 Resilience Find ways to bounce back	 Emotions Look for what's good	 Acceptance Be comfortable with who you are	 Meaning Be part of something bigger

Useful Apps



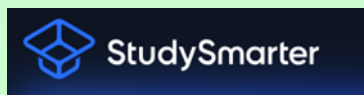
Gojimo App | GCSE, A Level
Revision - Educational
AppStore

Key Cards Revision Apps



Forest (forestapp.cc)

Online tutoring with
verified tutors |
GoStudent



StudySmarter

Best Note Taking App -
Organise Your Notes



Quizlet

Digital Flashcards &
Revision Cards for
Students

Create Your Mind
Maps Online



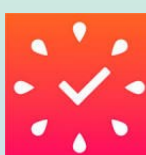
AppBlock - to help you focus
on the more important things

Snap Revise - subject specific
revision support



Seneca- Coursework &
Revision support

Focustodo - using the
pomodoro technique to help
you perform efficiently



Awareness Days

World Autism Acceptance Month	2nd of April onwards
National Jelly Bean Day	22nd of April
St George's day	23rd of April
World Penguin Day	25th of April
Time for a cuppa day	1st of May
Star Wars Day	4th of May (or May the 4th...be with you!)
Mental Health Awareness Week	11-17th of May
National Limerick Day	12th of May
Wallace and Gromit's Wrong Trousers Day	16th of May
World Meditation Day	21st of May
National Eat More Fruits and Veg Day	21st of May
World Turtle day	23rd of May
National Biscuit Day	29th of May

Take a look at what's coming up in our future TRConnect newsletters

Newsletter issue	Topic	Date
Issue 6	Mindfulness / Grounding	04.06.26
Issue 7	Self-care over summer	06.07.26

The Learning Support team (Thrive)

At TRC, our **Thrive** team is here to help students with additional needs access learning, feel supported and succeed during their time at college.

You can access Thrive SEND support if you

- Have a declared SEND need
- Have an Educational Health Care Plan (EHCP)
- Have been supported by your teacher and they believe that additional support is required.

If you are struggling in lessons, feeling anxious or overwhelmed with learning tasks or think you might need some extra support please speak to your teacher/s. You're **not alone** - lots of students feel this way sometimes, and it's okay to ask for help. Your teacher will listen to your concerns and work with you on appropriate interventions. If your teacher feels there may be a special education need (SEND) they will begin something called a graduated response, which will help develop a clear understanding of your needs and barriers to learning. The graduated response will support your teacher in being able to refer to the Thrive team for additional SEND support.

You don't have to manage things alone. If something is affecting your learning or wellbeing, **talk to someone**— your teachers and the Thrive team are here to help you figure things out, even if you're unsure what support you need.

Careers & Work Placement Team

The Careers and Work Placement Team are fully qualified and offer expert informed careers education, impartial advice, and guidance to all students. The team can help you with your current skills and support you to develop new ones, tailored to your future career options. If you have any questions/queries regarding your future career options and work placement opportunities, don't hesitate to get in touch with the team on careers@trc.ac.uk.

Please click [here](#) to see an image which shows how mapping out your thoughts and ideas on your future goals and career can help with your wellbeing.

Safeguarding

The college safeguarding team cover multiple issues to ensure all students are kept safe and free from harm. Understandably, we cannot be with our students full time, so we hope to empower them with knowledge and information to build resilience, as well as opening doors to access services outside of college to prepare them for independence. For further information regarding our safeguarding team, [click here](#).

If there is something urgent and you feel there is an immediate risk / danger to you or someone you know contact the police on 999.

If you are under 18 you can contact **Rotherham** MASH (Multi-Agency Safeguarding Hub) on 01709 336080.

If you would like to report a concern about a child or young person via Rotherham Metropolitan Borough Council, click [here](#).

Safeguarding numbers for the surrounding areas:

Sheffield – 01142 734855

Barnsley – 01226 772423 Out of hours – 01226 78778

Doncaster – 01302 737777 Out of hours – 01302 796000



TRC
THOMAS ROTHERHAM COLLEGE



TRConnect