

Welcome!

St r e s s – F r i e n d o r f o e ?

Are you feeling stressed? With only 8 weeks until the main GCSE exams begin you may well be feeling the pressure. Don't panic. A bit of stress can help you to be motivated and successful.

The f o u r l e v e l s o f s t r e s s

LEVEL 1—THE CHILL ZONE

You are relaxed and calm. Nothing bothers you and you have no problems. The world is a beautiful place. You are a bit bored!

LEVEL 2—THE THRILL ZONE

You are a bit nervous but also quite excited about the future. You feel challenged and under pressure but you are determined to be successful. Every minute counts and you plan how to use your time well. Time goes quickly and you are enjoying yourself.

LEVEL 3—THE SPILL ZONE

It is all too much and you don't know where to start. Nobody understands the pressure that you are under. You have so much to do and you don't know when you will have time to do it. Everything is going wrong!

LEVEL 4- THE KILL ZONE

Life is a mess and you feel as though there is no hope. The world is out to get you and you feel useless. You cannot concentrate and even simple tasks seem to take forever. There is no way out!

Which zone are you in? Take the stress test on the back of this edition of Exam News to find out .

The t h r i l l z o n e i s t h e p l a c e t o b e

Level 1 is fine if you are on holiday but not if you want a good set of GCSE grades. If you are at level 3 or 4 you will be panicking and you are unlikely to be able to concentrate on revising.

A little bit of stress to put you in to level 2 is a good thing. It will help you to be motivated and successful. Make stress a positive thing to help you to plan and organise your work and revise effectively.

Stress - which level are you at?

You have to finish your History coursework by deadline which is two days away. Which of the following do you do?

- a. Relax because there is plenty of time to do it tomorrow.
- b. Plan to do most of it today so that you have time to check it again tomorrow before you hand it in.
- c. Worry about when you are going to fit it in with your Science and Maths homework which were both due in yesterday.
- d. Panic because you don't know what to do and anyway History is boring.

You are going on holiday next week. How do you prepare?

- a. Next week is ages away. I am not going to worry about this now.
- b. I have thought about what I want to take with me and I will start my packing during the next few days.
- c. I suppose that I will just throw a few things in a bag the night before I go.
- d. I don't like any of my clothes and I hate holidays anyway.

You are asked to help to present the year 11 assembly. How do you feel?

- a. I will just rely on my natural brilliance to think of what to say on the day.
- b. I will write a script and rehearse, asking a friend to listen to me.
- c. I will write a few notes down on the way to school and wing it. I hope that it will be OK.
- d. I am frozen with fear. There's no way that I can do this.

How do you feel about your GCSE exams?

- a. They are weeks away. Nothing to worry about.
- b. I am a bit nervous but I have planned and organised my work and I know what I need to do.
- c. There is so much to do and I don't really know where to begin.
- d. I am going to fail everything!

Answers

Mostly a's.

You are at level 1 - the Chill Zone and you are too relaxed. Get planning and revising now!

Mostly b's

You are at level 2 - the Thrill Zone. You are planning and organising your revision and are working hard. Well done!

Mostly c's

You are at level 3 - the Spill Zone. You need to spend some time planning and organising your revision so that you will be at level 2.

Mostly d's

You are at level 4 – the Kill Zone. Take a deep breath and stop panicking. You still have time to revise successfully. Talk to your teachers or Ms Glen and Ms Duncan for help and advice.