

# YOUNG PERSON NEWSLETTER

St Leger Homes of Doncaster

Special Edition - Exam Special



## REVISION TECHNIQUES

*Written by Denby*

Revision isn't something that everyone loves to do, it can be hard to make yourself revise and can become boring after a while. So why not make it something you enjoy?

There are many ways you can revise, and different methods suit different people. Here are some revision methods you could try and see which best suits you;

- Revision cards
- Revision posters
- Spider diagrams
- Apps on your phone (Gojimo)
- Watching videos
- Reading books
- Making notes
- Past papers
- Quizzes
- Revision time table

There is lots of help and support available, many of which can be found online. Talking to a friend or family member is also a great way to alleviate the pressure during this stressful time.

# TAKING CARE OF YOURSELF - DURING EXAM SEASON

Written by Denby

Your summer holidays are right around the corner! But, before you can relax it is you may be facing the dreaded exam season. Exam season might seem the worst time of the year with the feeling of never ending revision, hours spent staring at laptop screens and re reading the same page over and over again. Most people get stressed during exam season, but it is important to not let it get out of control.

We know how important exams and grades are and how stressful this time can be. If the thought of coursework, deadlines and sitting exams gets your anxiety levels rising then you're definitely not alone. However, there are numerous ways we can deal with this and overcome it. Here are a few tips on how you can keep yourself healthy during this time.

- Plan a post-exam reward for yourself, eg going out with your friends or having a trip away
- Don't go to bed too late and get adequate sleep
- Allow yourself a social life as well as time to study
- Eat a healthy balanced diet and exercise regularly



Don't forget you can get involved with St Leger Homes at any time. Watch this space for the new young person portal being launched soon.

Help write the newsletter or have your say in how we shape services. Always waiting for your call, email or social media.



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