

<p>Age Range:</p> <ul style="list-style-type: none"> ▪ Secondary School ▪ GCSE years ▪ AO / A'Levels ▪ International Bac (Grade 11,12) ▪ European Bac ▪ All schools final year exams 	<p>Topic:</p> <h2 style="text-align: center;">Dealing with Exam Stress</h2>
<p>Learning questions</p> <p>What Is Exam Stress? What does this group of students know about looking after themselves – Physically, Mentally, and Emotionally? How can we make this session relevant for them in the short term, and give them skills for the long term?</p>	
<p>Introduction</p> <p>When young people are facing the build up to final or important exams it can feel like it will go on forever. Everyone seems to be talking about it – teachers, parents, social media and other students. It might feel that they are the only ones struggling with stress around this. Everyone else seems to have a plan!</p> <p>On top of this for students facing final school exams there are other concerns to add to this stress including questions about what they are going to do beyond school in terms of Higher Education, Career and other life choices. Today there is also the added uncertainty of the job market in the future.</p> <p>So what can you do that will really help with this stress?</p>	
<p>Aims and Objectives of this session</p> <p>Aims</p> <ul style="list-style-type: none"> • For students to understand how much they already know about exam stress and explore various ways of dealing with it including the support they can receive from KJT Online Help. <p>Objectives</p> <ul style="list-style-type: none"> • Create a forum for discussion about exam stress • To model behaviours that can help in alleviating stress e.g. changing the energy in the room by movement • Involve students in creating their own resource to support each other with exam stress • To introduce the KJT Online Help service and it's guiding principles. 	

The objectives of this session will be carried out by involving students in various exercises, encouraging them to think outside the general classroom setting by moving them around and putting them into groups for sharing and collaboratively creating a resource of ideas to share with their peers. The session will include an introduction to where to get further information and help including the KJT Online Help Service for young people in Luxembourg.

Main – Introduction to First Exercise

When working with students of this age it is important to engage with their knowledge of the subject. Simply telling them how to deal with exam stress will not be effective. To create an interest in this discussion it is necessary to change the ‘energy’ as an example of how to deal with the build-up of stress around exams.

Exercise 1 – Move

For this exercise students are asked to move chairs to the side of the room or at least create some space around themselves. They need to stand up and be led in a simple action song for example ‘Head Shoulders Knees and Toes’. By physically getting them to move and hopefully sing along and keep up with actions there will be a change of energy in the room. This is Step 1 in the process of relieving stress.

Exercise 2 – Share & Collaborate

For this exercise students need to be in groups of not more than 8-10. Ideally you will have at least 3 groups with an adult facilitator in each group. Each group will have a flipchart entitled either PHYSICAL, MENTAL or EMOTIONAL. Each group should have at least one scribe with a marker. The groups are instructed to discuss and write down as many suggestions as possible they have for dealing with exam stress under each of these headings. Some questions can be provided at the start to get them going e.g. for Mental ‘I feel like I’m going to fail my exams – I just don’t know how to start revising’. Each group will have 5-10 minutes to discuss and write down suggestions before switching to the next flipchart and heading. For each change a new Flip Chart paper should be used. At the end of this exercise students can be encouraged to feedback any particular suggestion they want to share to the whole group. The flip charts should be gathered at the end and all suggestions noted under one title page to give back in electronic or paper document format at a later class.

KJT Exam Stress Slides for school – can be downloaded via <https://www.kjt.lu/>

Exercise 3 - Talk to someone - Guiding principles of the KJT Services for young people in Luxembourg

For this exercise students are re-introduced to Bod and the KJT publicity campaign. They are given an outline of the KJT guiding principles and are encouraged to ‘test’ the service. The importance of getting confidential, anonymous and trustworthy support is underlined.

Questions – End of Session

Materials	Follow Up	Notes
Flip Chart + pens	Create resource from Flip Charts for feedback to young people.	