

STUDENT SUPPORT BULLETIN

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ISSUE 14 - FRIDAY 20TH MAY 2022
ACADEMIC YEAR 2021-2022

Information Point

The Student Support team are offering 1-2-1 progression and IAG (Information, Advice and Guidance) appointments for anyone wanting to discuss their options for next year. You can book an appointment on Eventbrite [HERE](#).

Carshalton College - Pool Tournament

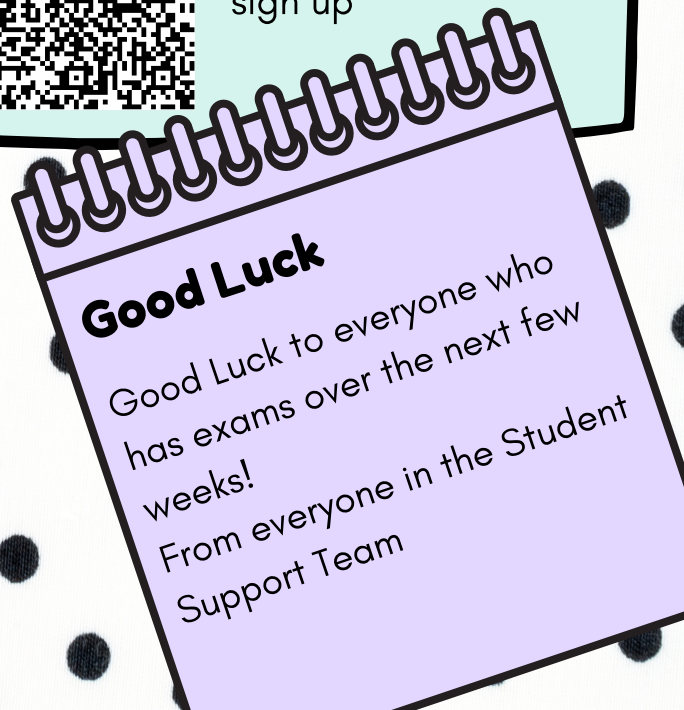
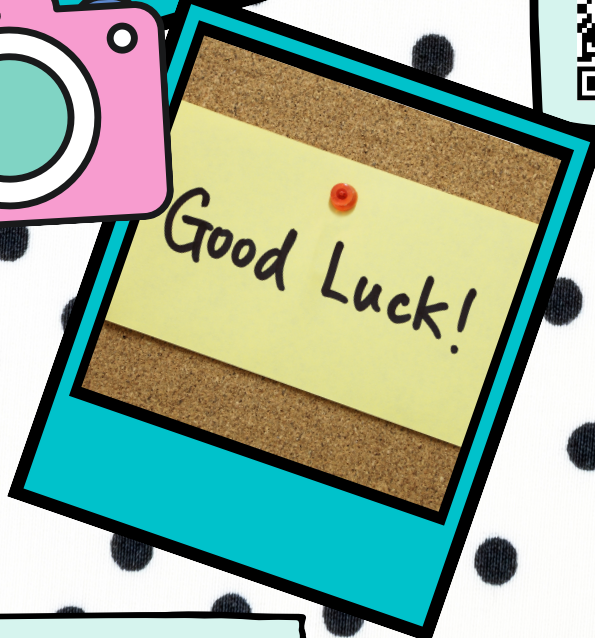
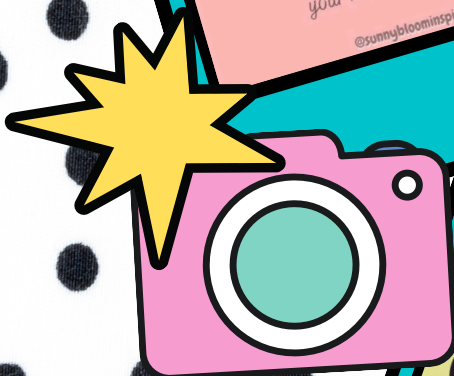
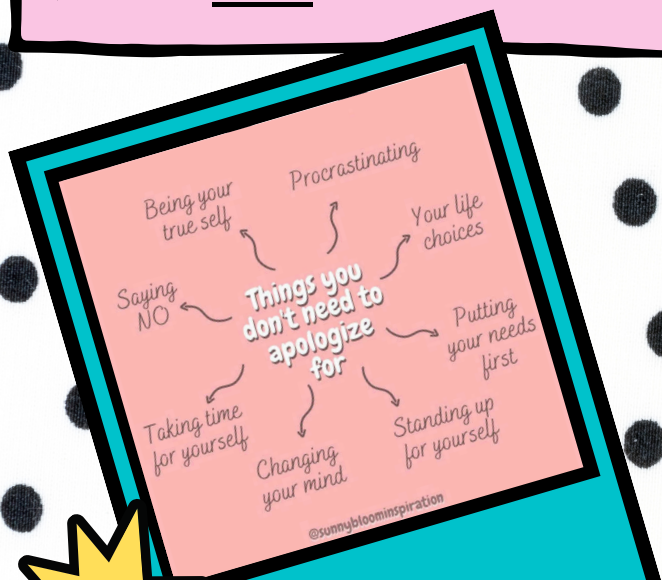
For the end of this academic year, we will be holding a pool tournament over lunchtimes in the Common Room. The tournament is open to all Carshalton Students of all abilities. There are prizes which are:

- 1st prize - £50 Amazon Vouchers**
- 2nd Prize - £40 Amazon Vouchers**
- 3rd Prize - £30 Amazon Vouchers**

To sign up, click [HERE](#) or scan the QR Code



You have until Friday 27th May to sign up





FOCUS OF THE WEEK


EXAM STRESS

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HOW TO DEAL WITH EXAM STRESS

Don't let the stress of exams overwhelm you. Stay in control with these top tips.



BELIEVE IN YOURSELF

If you work hard and stay focused with positive energy, stress will be reduced. Believe in yourself and have the confidence to succeed.

GET ORGANISED

You'll feel more confident and in control if you make a list of everything you need to study and create a schedule.

MAKE SLEEP A PRIORITY

Without getting the proper rest it will be even harder to retain information. A good sleep of between 7-9 hours every night helps you have a relaxed and well-rested mind and body.

OVERCOME PROBLEMS

If you find you don't understand some of your material, getting stressed out won't help. Instead, take action to address the problem directly by seeing your teaching or revising on GCSEPod.

FIT EXERCISE IN EVERYDAY

It's easy to put off exercise but remember a healthy body = a healthy mind. Doing at least 20 minutes of physical activity a day can help to improve focus and keep you relaxed.

EAT RIGHT

Eat three healthy meals a day and limit your consumption of caffeine and sugars. Power foods for your brain include blueberries, salmon and nuts.

TALK ABOUT YOUR NERVES

Nervousness is a natural reaction to exams, but bottling it up will only make it worse. Talking to your friends and family about how you are feeling is a great way of alleviating stress and worry.

KEEP THINGS IN PERSPECTIVE

The exams might seem like the most crucial thing right now, but in the grander scheme of your whole life they are only a small part. Just concentrate on the actual exam in hand not what may or may not happen after.

1 Revision Tips – Improve your Memory

The Fog

Watch Later Share



Watch on YouTube

1 Revision Tips – Stop Cramping

The Cramp

Watch Later Share



Watch on YouTube

1 Revision Tips – Beating Exam Stress

The Fear

Watch Later Share



Watch on YouTube