



GOSFORD HILL
SCHOOL

Looking after yourself during your GCSE revision

"Study Smart, Stay Healthy, Succeed!"



Why Wellbeing Matters During GCSEs

- **75% of students** feel stressed during exam season (NHS survey)
- Too much stress can **reduce memory recall by up to 40%** (Yale University study)
- Healthy habits = **Better focus, better performance, and less anxiety**

The Science of Stress & Revision

- **Short-term stress** can help focus – but too much causes burnout
- The brain needs **rest and nutrition** to function at its best
- **Exercise boosts memory** by increasing blood flow to the brain

Fact: Exercise can **improve memory by 20%** (Harvard University)

Creating a Balanced Revision Routine



How to structure your day:

- ✓ Plan **realistic** study sessions
- ✓ Use the **Pomodoro Technique** (25 min study, 5 min break)
- ✓ Include **exercise, relaxation, and social time**

Fact: Taking **regular breaks improves productivity by up to 30%** (University of Illinois)

The Power of Sleep

Why sleep matters:

- **7-9 hours** is ideal for teenagers
- Sleep **boosts memory consolidation**
- Poor sleep = **30% lower concentration**

Tips for better sleep:

-  Avoid screens **1 hour before bed**
-  Have a **consistent bedtime**
-  Use relaxation techniques (reading, deep breathing)

Fact: Students who sleep **at least 8 hours** perform **20% better** in exams (Oxford University)

Healthy Eating for Focus & Energy

Brain-boosting foods:

- **Oily fish, nuts, & seeds** – Improve brain function
- **Fruits & veggies** – Give essential vitamins
- **Water** – Prevents fatigue & keeps you alert

 **Avoid:** Too much caffeine, sugar, junk food – they cause energy crashes

Fact: Drinking enough water can improve concentration by **25%** (Loughborough University)

Managing Stress & Staying Positive



Ways to reduce stress:

- ✓ Deep breathing or meditation
- ✓ Exercise – even a short walk helps!
- ✓ Talking to someone (friends, family, teachers)



Reframe your mindset:

- ✗ “I can’t do this” → ✓ “I’m making progress everyday”
- ✗ “I have too much to do” → ✓ “I’ll focus on one step at a time”

Fact: Just **10 minutes of mindfulness** a day can reduce stress by **33%** (Cambridge University)

The Importance of Breaks & Rewards

- **Short breaks** help your brain process information
- **Change of scenery** boosts focus
- **Rewards keep you motivated!** (E.g., 1 hour of study = 10 mins of gaming, a snack, or a walk)

Fact: People who take **regular breaks** are **16% more productive** than those who don't (Stanford University)

Staying Motivated & Avoiding Burnout

How to stay on track:

- ✓ Set small, achievable goals
- ✓ Use a **revision tracker** to see progress
- ✓ Mix up revision techniques (flashcards, mind maps, post-its)

Fact: Students who set **clear study goals** are **42% more likely to succeed** (University of Scranton)

Final Wellbeing Tips for GCSE Success



Remember:

- **You are more than your grades** – Do your best, but don't pressure yourself
- Take care of your **mental & physical health**
- **Ask for help** if you're struggling – teachers & friends are there for you!