

## Exams and Revision

We all recognise that exams can be a stressful period of time. Therefore, we have put together some information to support our students and families.

| Description  | Link  |
|--|---|
| <b>Stress Buster Timetable</b> - to help manage time effectively   | <a href="https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/stress-buster.pdf">https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/stress-buster.pdf</a>   |
| <b>Top ten Tips for staying well during revision and exams</b> – students' views   | <a href="https://youngminds.org.uk/media/2957/top-ten-tips-poster.pdf">https://youngminds.org.uk/media/2957/top-ten-tips-poster.pdf</a>   |
| <b>The Parents' Guide to Studying for GCSEs in 2021.</b> - information regarding home learning, routines and mental health are extremely helpful | <a href="https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/The-Parents-Guide-to-studying-for-GCSEs-in-2020-2021.pdf">https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/The-Parents-Guide-to-studying-for-GCSEs-in-2020-2021.pdf</a> |
| <b>Revision Tips</b>   | <a href="https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/Revision-Tips.pdf">https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/Revision-Tips.pdf</a>   |