










Session Two – 9 ways to manage revision stress

Task 1 – Coping strategies

Think of different ways you can cope with the pressures of school work/exams. What are the positive and negatives of using this to cope with stress?

Options	Positive consequences	Negative consequence

Task 2 – 9 ways to manage exam stress

Managing revision stress			Is this something you already do? Tick if yes.
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			

Task 3 – Reflection

Which of these strategies do you consider/use already?

Which ones are you going to use in the future?

When might you choose coping strategies that are not helpful?

What other choices could you make?
