

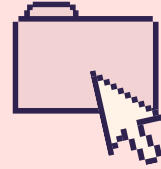


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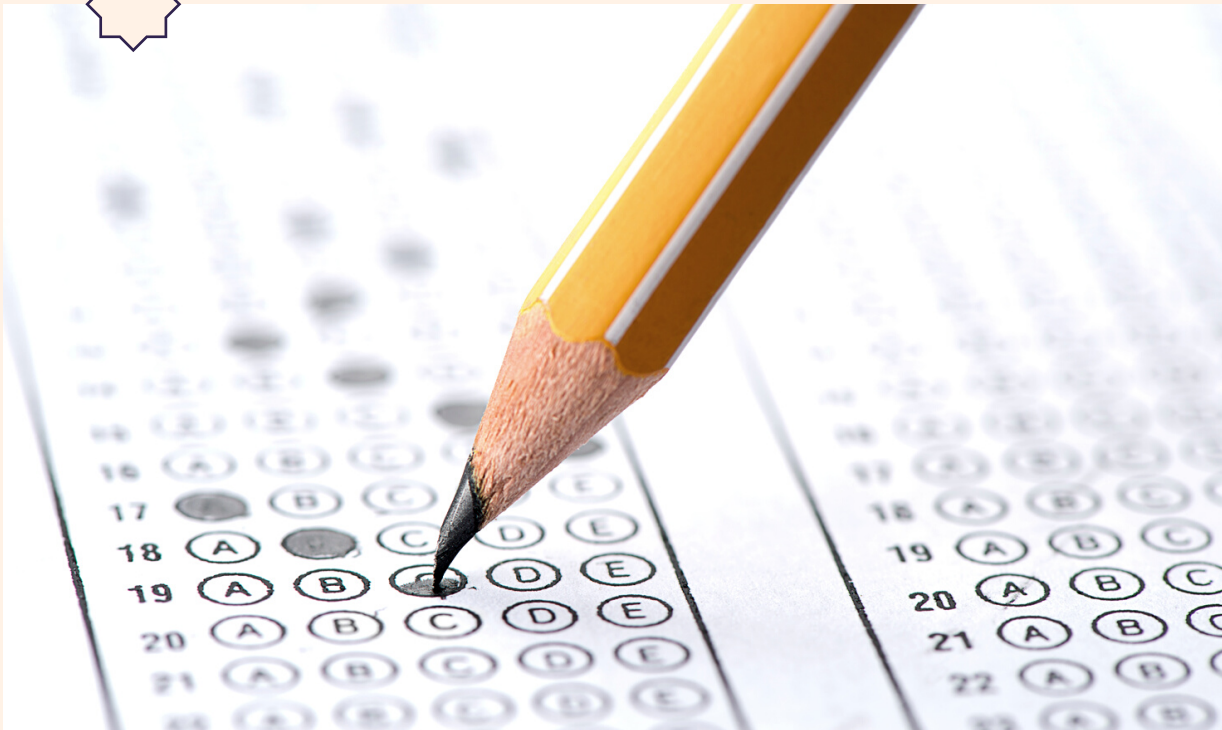
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# Autism, Exams, Tips and Tricks

A booklet on caring for yourself and giving you some tips during exam season.



Written By: FIDGETSANDSTIMS





# Hi there!



If you are reading this then I wish you the absolute best of luck and hope that you are able to stay calm and know that you did your best in your exams.

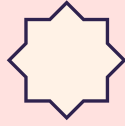
I have personally found exams to be very difficult as I get very anxious by the uncertainty of them. This booklet is intended to help you feel more at ease and hopefully give you a few helpful tips.

The most helpful thing I've learnt, over many years of getting extremely anxious about examinations, is that you are not a grade, a mark or a score, you are you and your grades do not define you in any way!



All my best wishes,  
**LILY**





**You are not a grade, a  
mark or a score.  
Those things do not  
define you. You are  
you and I think you're  
pretty cool!**



# How should I revise?

## FIRST STEP FIRST: TAKE A DEEP BREATH

Setting out to revise can be very daunting. The best thing you can do first of all is accept that you are unlikely to remember everything. That is ok! If you struggle to revise for long periods of time then setting yourself even 15 minute chunks of revision is better than nothing.

During your exam preparation phase make sure to talk to a trusted adult, or phone a children's

helpline if you feel like you are so stressed that you feel unable to cope.

On the next page I will be sharing some tips that help me. Hopefully, they will help you too.





# How should I revise?

## Here's The Practical Tips and Advice

1

Use a visual timer as you work so you know how long it is until your next break



2

Plan a longer activity you enjoy (e.g. watching a film) for when you have finished revising as a reward.



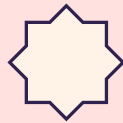
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Take regular breaks



4

Use fidget tools and sensory aids as you revise to help release frustration and stay focused



If it helps you, talk about your struggles revising with friends - it can feel relieving to know you are not alone

5



Ask for help from your teachers if you are stuck

6



Write a list of all the main topics in each subject. Cross them out as you have revised them

7



Stick to one or two subjects a day so it doesn't get overwhelming

8



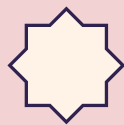
Read past papers. This will help you feel more prepared and less anxious about what might be in the exam.

9



When you can't revise anymore don't push yourself further. Stop and take a break.

10



# How should I prepare the night before?

I've always felt a plan a day keeps the stress away!



Even though it has been years since I last took an exam, I still sometimes wake up sweat-drenched and feverish after having a nightmare about turning up unprepared for an exam.

There is nothing worse than a mad dash in the morning, trying to find that protractor you swore was on your desk just yesterday. To avoid the morning rush make sure everything you need for your exam is packed in your bag the night before.

If this is difficult for you, ask a family member to help you.



What should I pack for my exam?

- A black pen and two spare pens in case one runs out
- A clear water bottle
- A ruler, pencil, pencil sharpener, rubber
- A calculator and any other Maths equipment you may need
- A snack in case you are too nervous to eat in the morning
- Reading glasses (if needed)





# What should I do on the day?



Avoid the exam chatter in the morning. It can be very easy to get caught up in everyone competing about how much revision they have done in the morning. If this makes you anxious avoid it and put headphones.



Once you get into the exam hall lay out all your belongings.

I always bring in a watch with a glass face and a felt tip. When the exam starts you can use the felt tip to mark on the watch face how long how have for each part of the paper with a little line.

This will help you stay focused and on top of all of the tasks that the exam asks you to do.







# WHAT SHOULD I DO AFTER MY EXAM?

You've closed the exam script and the invigilator is coming around to collect papers. Your mind is racing with questions and the temptation is to ask your friend what they wrote down for question 12 b. Resist the temptation! After your exam take a deep breath and congratulate yourself for completing the exam. That took hard work and you did a great job. Waiting for the results can be the hardest part. Once you have finished your exam consult the online exam board page and see when results for your exams are posted. It is likely that your school or college might have a time that they have posted to their website that says when results can be collected. Knowing when this date is can relieve some of the anxiety of the unknown about results. Once you have finished your exam make sure to do things you enjoy to relax.

*The temptation to compare answers can be overwhelming. For your own peace of mind avoid these discussions.*



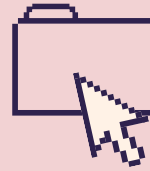


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SELF REMINDER



# Your best is good enough

Don't let others' expectations dictate your life.

LOVE IT



OKAY





I hope you found this booklet informative and useful.

**Share with your friends  
if you found this useful**



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