

a Mindful way to...

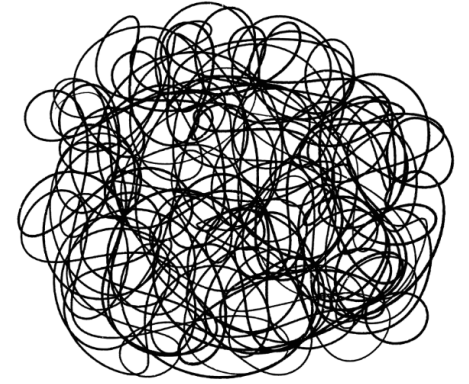
# reduce requests for separate invigilation

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Exam Officer HMP Norwich



# The Anxious Generation



General anxiety and nervousness are not  
considered sufficient grounds for  
separate invigilation

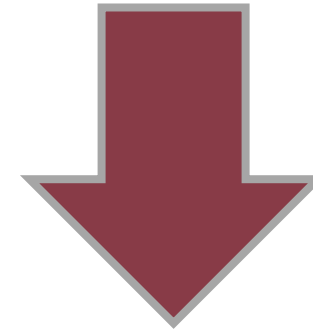
**So what can we do to help...?**

**What creates  
this anxiety?**



**Their fear**

**What creates  
this Fear?**



**Their thinking**



Our thoughts go round in a spiral



Our brain tries to make sense of them



It brings us what's worked in the past



Our body reacts to the trigger



We can choose how we think



The feeling of fear is triggered by the stress hormone **Cortisol** that's pumped out by our **Amygdala** (**a-mig-dala** – the almond shaped part of brain)

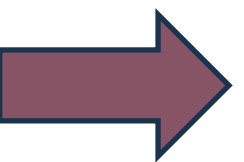


# *How your students think about exams*



Part of the problem around **fear** is how your students see themselves

- What **stories** they've come to **believe** about who they are
- What they **say** to themselves and others
- What they **think** about themselves



What do **you** hear them say about **themselves**?  
What does **the school say to them** about exams?

# How could YOU help students with their **Mental preparation?**

and reduce their anxiety and nervousness

**ACTION** 



## Their triggers

The unknown

The expected

The exam room



- Explain the process
- Talk things through
- Show them the exam room
- Simple Breathing techniques
- Visualisation exercise



What could YOU do to ease their anxiety?



# Visualising the Exam Room

mp3 3 mins



# 4 steps to change



1

## SEE THE BENEFITS OF CHANGE

WIIFT. Show them how to Notice. To Be Present.  
To be aware of how they respond to anxiety

2

## KNOW HOW TO CHANGE

What could *'doing different'* do for them?  
How would it work? What could they 'do'?

3

## AGREE A PLAN FOR CHANGE

Start to work with them on a Plan

4

## GET SUPPORT TO MAKE THE CHANGES WORK

Involve everyone in a joined-up plan to support the students

What part could YOU play in any of this Change?



# THINKING SKILLS



## *Awareness*

**NOTICING**

*Check In*

**Mind the Gap**

*visualisation*

## *Being Still*

**BREATHING**

**S.T.O.P.**

Mindful Five

## *Self-Talk*

**Neutral self-talk**

affirmations

## *Letting go*

Letting Go

**Tapping**

Meditation

# The 3P Process

## 1. Problem

When I feel or get



Worried about exams  
Feel sick with nerves  
I just can't do it



## 2. Panic

And I usually ...



Freeze or can't move  
Get stomachache  
Ask to leave



## 3. Plan

I will instead ...



Use a breathing exercise  
See things working better  
Use my favourite technique

Identify

Recognise

Create

*What's likely to happen to the number of separate invigilation requests if ...*

- *students know how to calm their thoughts*
- *feel more confident about exams*
- *and more in control ...?*



**MP3**

3 Mins

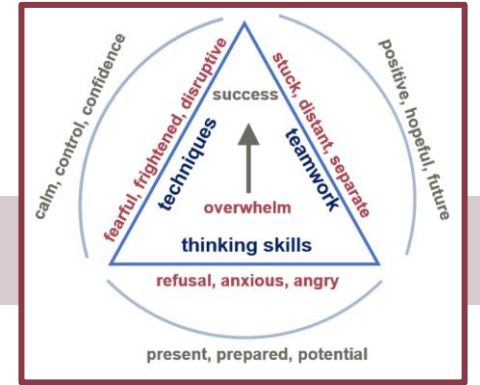


**Thinking – Techniques - Teamwork**

# *Working with your Teachers to set up your 2025 Exam Stress programme*

## *Thinking, Techniques and Teamwork*

### **In House CPD Training**

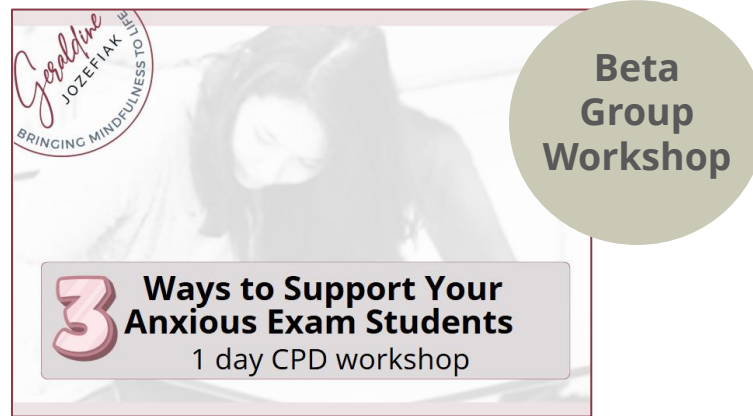


- *Teach your students 'The Exam Mindset'*
- *Show them how to manage their anxiety*
- *Give them tools to Stop the Panic Now*

# One Day 'Back-to-School' September Workshop

## *3 ways to support your anxious exam students*

*Thinking, Techniques and Teamwork*

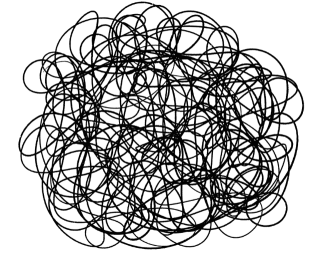


Helping your Students understand their fear and giving them new ways to manage anxiety

Helping your Teachers with strategies that work to calm things down and grow confidence

Learn strategies to use **now** to stop anxiety kicking in

Review



# The Anxious Generation

how to help your students overcome some of their  
general anxiety and nervousness around exams  
AND in the process **cut down your workload**

- 1 Thinking Skills, Stress Busting Techniques, Working Together
- 2 Practising and Agreeing a Personal Plan to manage their feelings

# What to do now



- 1 Enter the Prize Draw to win *'Building Exam Resilience'* Resources
  - 2 Scan the QR code and do the *'School Stress Snapshot'* Quiz
  - 3 *Pick up your goodie bag.* Take a leaflet back to school to share
- ➔ 4 Book any CPD workshop before September 1 and you'll get Bonus Workshop Resources included **FREE!** ➔

