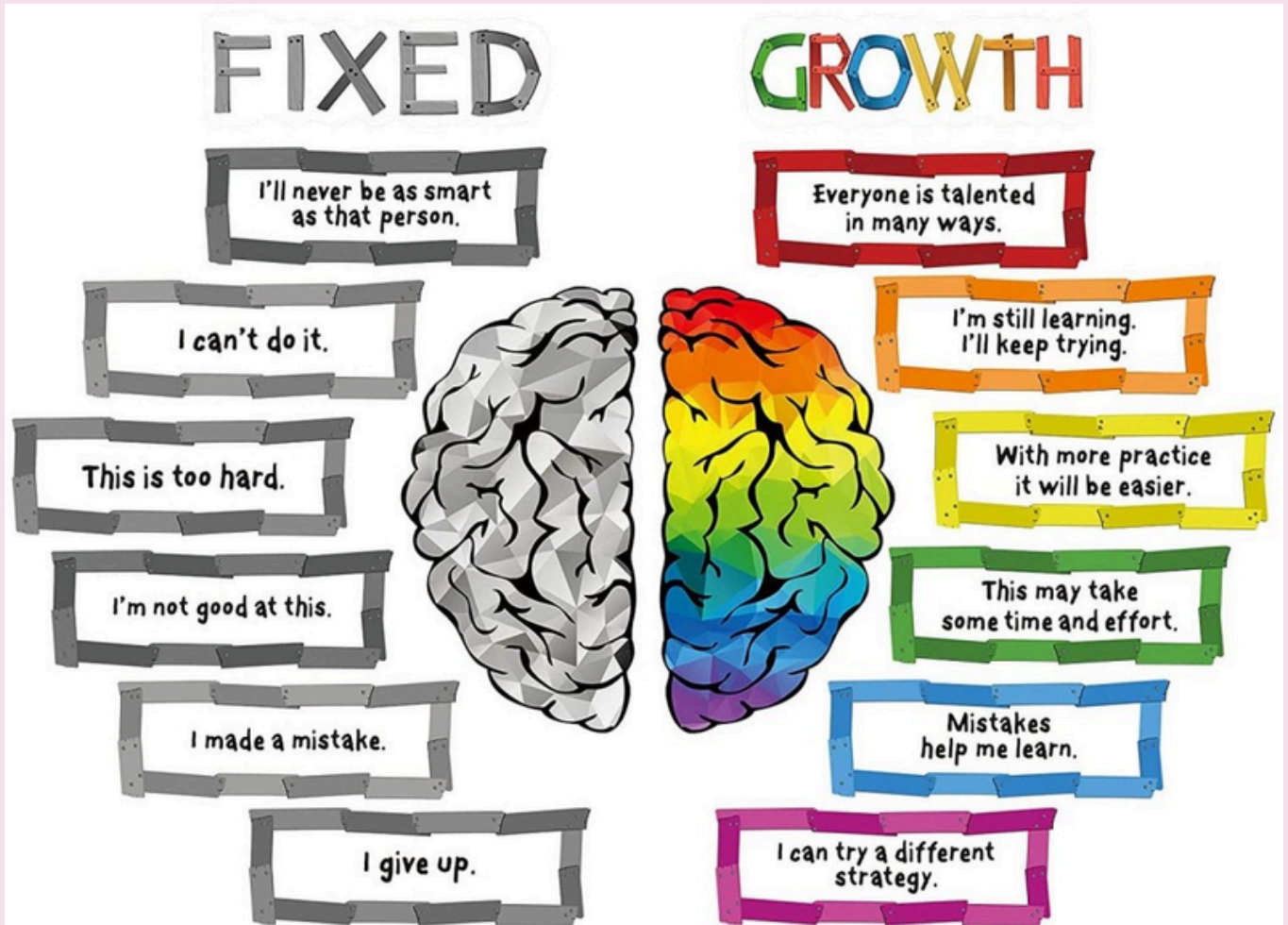


WELLBEING TIPS

wellbeing@ousedale.org.uk

May 2024



GROWTH MINDSET

- Developing a growth mindset means embracing failure.
- You won't have all the answers when you start something new, and people with a growth mindset don't look at failure as failure! They see it as an opportunity to learn and improve.

FIXED MINDSET

It's not ...

- I give up!
- It's too hard.
- I can't do this.
- I can't do any better.



GROWTH MINDSET

It's ...

- I will try it another way.
- I can train my brain.
- I can't do this - yet!
- Is this my best effort?



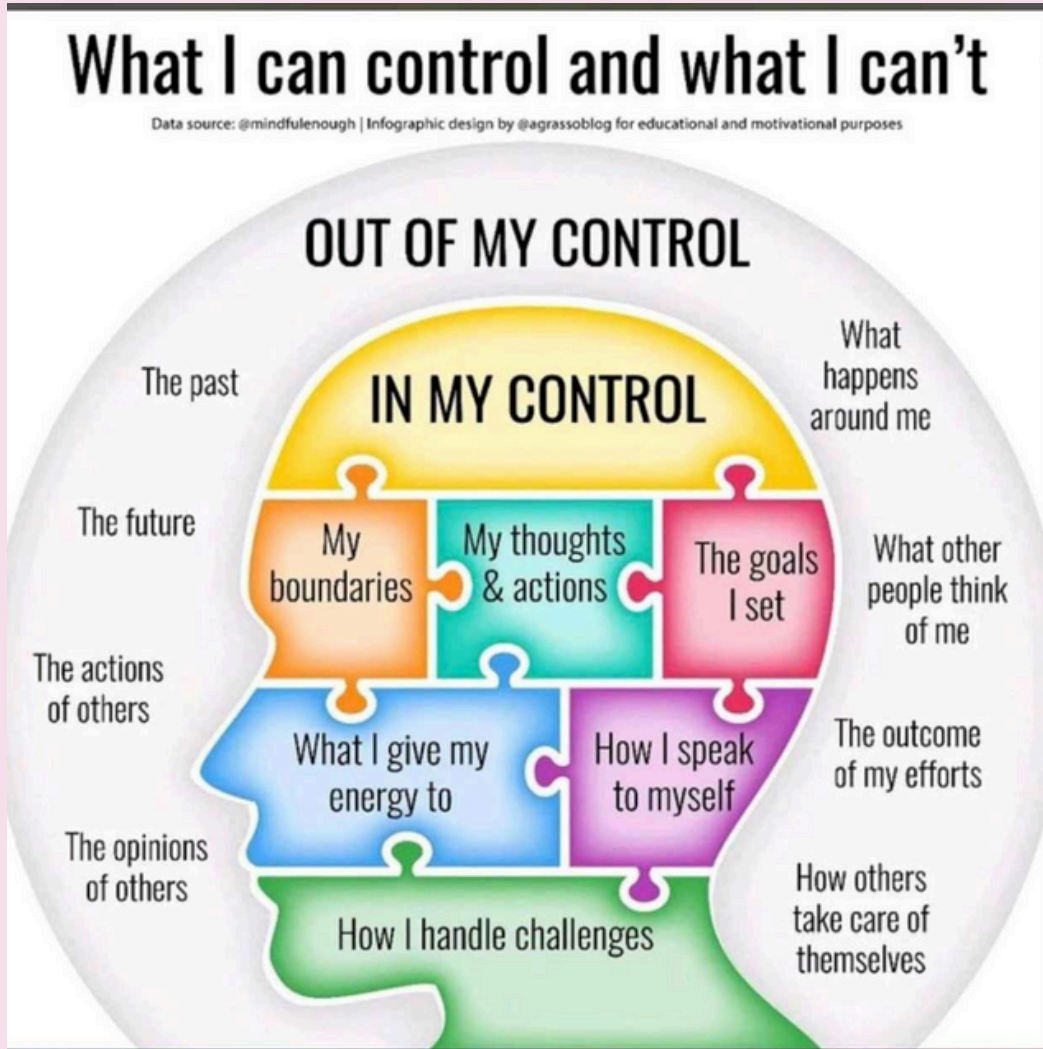
wellbeing@ousedale.org.uk



WELLBEING TIPS

wellbeing@ousedale.org.uk

May 2024



WHAT MORE CAN YOU ADD TO THIS?

WHERE DO YOUR WORRIES SIT?

ARE SOLUTIONS TO YOUR WORRY IN YOUR CONTROL?

wellbeing@ousedale.org.uk



WELLBEING TIPS

wellbeing@ousedale.org.uk

May 2024

HOW TO BOUNCE BACK FROM A BAD EXAM

01



Write down a list of all your strengths and think about how you can use them for your next exam

02



Get feedback so you know how to improve and what you can get better at doing

03



Learn from where you went wrong. It is really important to move forward and learn from your mistakes

04



Reflect on your performance. What went well? What did not go so well? What can I do better for next time?

05



Challenge irrational thinking by using a thought diary. Identify thoughts that are bothering you and challenge them

06



Try not to dwell too much on the exam. Focus on the here and now and the present moment

07



Don't be afraid to talk to someone about how you are feeling. This can help relieve stress, pressure and anxiety

08



Build your resilience. Work on developing coping skills to promote positive mental health

