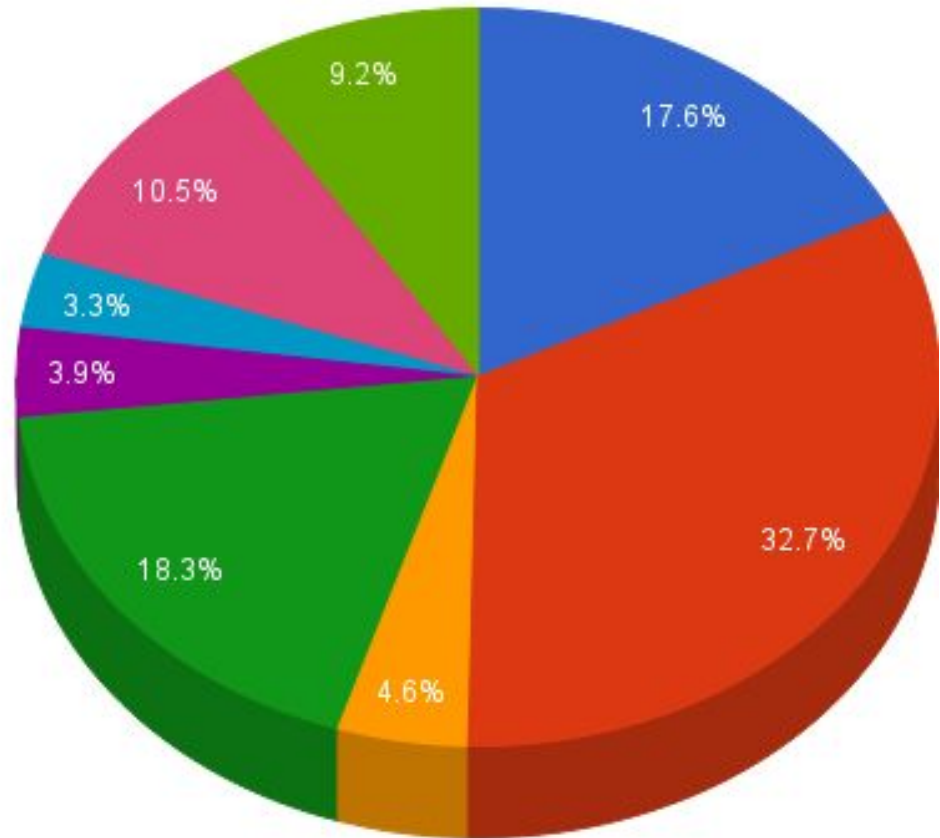


Useful analogies



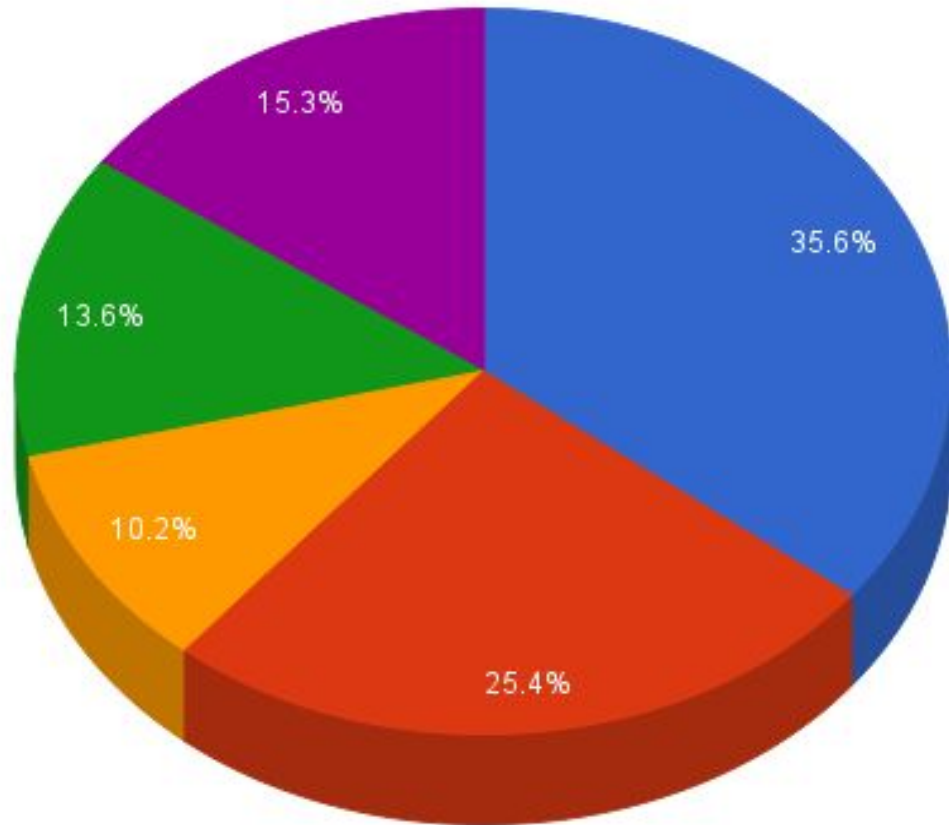
Year 11 Responses

- Nothing more
- Trust to get on with it
- Comfort Food
- Help organise time
- Help to relax
- Be informed about the process
- Help get required resources (incl. enough sleep)
- Have realistic expectations



Year 13 Responses

- Nothing more
- Trust to get on with it
- Comfort food
- Listen / encourage
- Help to relax



Relationship between Anxiety & Performance

