

Think about ...



Coping with School

Working with
a friend
helped me

**Believe
in
yourself**

*Admitting you find
something hard is
the first step in trying
to improve*

**All I do is
Mess Up!**

**I just felt
everything could
be better**

**Take control.
In diffs...
get help**

Few of us are good at everything but everyone is good at something. Some people find school hard and it's awful if you are trying your best but seem to be getting nowhere. Don't put yourself under too much pressure. Don't judge yourself for making mistakes. No one is perfect. Everyone makes mistakes and that's how we learn.

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When working it's best to avoid rooms in the house where other people are and don't open your books in front of the TV!

Find a quiet space away from the rest of your family - try your bedroom. If you share with brothers or sisters and space

is hard to find plan to do your work in the school library, at a close relative's house or a friend's.

Of course it doesn't matter where you work or who you work with if you are not working properly. Plan, Do and Review.



THINK ABOUT

- Looking over your notes from class.
- Catching up on notes you miss.
- Making new notes while you work.
- Study guides might help.
- Keep your coursework up to date.

But if you are finding school work hard or you feel you can't cope it is important that you ask for help. Asking for help is important whether from a friend, parent or teacher. Check these out.

Helplines:

Childline 0800 1111

Samaritans 0845 790 9090

Lifeline 0808 808 8000

Useful Websites:

www.mindingyourhead.info/young-people/schoolcollege - looks at coping with stress at school

www.childline.org.uk/Explore/SchoolCollege/Pages/School.aspx - tells how to cope with school including moving schools and being scared to go to school

www.childline.org.uk/Explore/SchoolCollege/Pages/Beatexamstress.aspx - gives advice on how to cope with exam stress

www.childline.org.uk/Explore/SchoolCollege/Pages/Homework.aspx - gives hints and tips for coping with homework

www.bbc.co.uk/schools/studentlife/schoolissues - information on how to cope with school related issues