Wellbeing: Get Creative This Exam Season

In the first of many wellbeing blogs that we'll be issuing throughout the exam period, we spoke to our Creative Arts team here at Eduqas to find out how embracing your creative side can enhance your study techniques and help protect your wellbeing this exam season.

1. Music

It’s no secret that music can have a profound impact on our mood and emotions, but have you ever considered how you can utilise it to combat stress and keep you focused during those long periods of revision? Rachel Edwards, our Music subject specialist, shared with us some tips on how you can utilise songs and melodies to help make remembering all of that information a little bit easier;

“Putting your revision notes to music is a great way to mix up your studying. There’s lots of research out there which discusses the way in which music aids our learning and helps us make connections and form memories so it’s no surprise that the number of revision songs on YouTube is increasing!

After you’ve written your notes, why not sing them to the tune of one of your favourite songs, or if you are studying Music, use a set work or a piece from an area of study? It’s a great way to break up long periods of revision whilst still allowing you to absorb all the important information you need. This can work just as well with historical or scientific facts as with learning the features of a piece of music in the order they occur.”

2. Art and Design

Much research has been done on the importance of the inclusion of Art and Design in schools and there’s good reason for it... Not only does Art and Design encourage collaboration, help develop critical thinking and improve observational skills (all key skills required for exam time!), practicing it is also a means of expression and an outlet for your mind.

Although it is important to carefully prioritise your time when studying, Mari Bradbury, our subject specialist for Art and Design, advised that engaging in a creative activity in between your revision sessions can help to stimulate your mind, encouraging you to think more imaginatively about your exam topics.
“Even if you’ve not chosen a creative subject for your GCSE, AS or A Levels, it doesn’t mean that you’re unable to reap the benefits of engaging in artistic activities. Whether it’s sketching or enjoying some making or craft activities, there are many simple ways to embrace your creative side.” – Mari Bradbury, our Art and Design subject specialist.

3. Drama (and Theatre)

The physical act of taking part in the performing arts is unlike anything else. It takes courage to get up and perform (whether that’s in front of an audience or to yourself in front of a mirror!) and taking that leap, no matter how big or small, has many benefits to individual wellbeing. We spoke to Wyn Jones, our subject specialist for Drama and Theatre, to ask him what his top tips are for utilising Drama to improve wellbeing during the busy revision period –

“Performing provides individuals with a platform in which they can make their voices heard, project their emotions, and build confidence in a different environment to which they may be used to.

I know many students who have used Drama and Theatre techniques to aid with their revision, this can range from reciting and performing famous speeches when revising for History, putting formulas and equations into songs when revising for Maths and Physics and even practicing Shakespearean plays with a group of friends when doing English revision!”

Whether you’re a naturally creative person, or just looking to add to your revision techniques, there are many ways in which you can utilise creative subjects to help you on your revision journey, all whilst ensuring that you’re taking care of your wellbeing. Keep an eye out for more subject specific wellbeing advice over the coming weeks for more tips on how to ensure that you’re taking care of your mind throughout this busy period.