

Which is more important, qualities or qualifications?

Last week, Year 8 students were asked this question as part of their Humanutopia session. How would you answer?

As we enter the first week of GCSE exams, many students at EGA - and across the country - may be feeling nervous or anxious.

**How can we support
everyone in our community
who is preparing for exams?**

What practical ideas can you come up with?

Remember: the qualities you have are at least as important as your qualifications. They're also the things that will help you to be successful...

Be resilient: remember the power of positive thinking

Which people help to make you
feel relaxed and calm?
Try to spend time with them
around exams.



**Be resourceful:
remember to
focus on what you
do know**

**Don't worry about what you don't
know or have forgotten.**



Be reflective: remember you're always learning

If something doesn't go well, think
through why ... and make sure it
doesn't happen again!

How is this different to worrying
about past mistakes?



**Be respectful:
think about the
people in our
community**

**Whether you're in Year 11 or Year 7,
you can contribute to creating a calm,
purposeful atmosphere over the next
few weeks.**



**Quiet
Exams in
progress**

**“It always seems impossible
until it’s done”**

Nelson Mandela