



**The Psychology of
Exam Stress**

**Why Feminism Still
Matters**

**Can Going Offline
Change Attitudes?**

**Read All The Time,
Stop Occasionally**

The Hub

St Christopher's Sixth Form Magazine



Welcome to our second edition of

The Hub.

After its successful launch last term, our students have been busy preparing articles about various topics that interest them, for this, the second edition of our Sixth Form newsletter. You will find a diverse range of articles to read, reflections on events in politics, music reviews and thought provoking opinion pieces. I hope that you enjoy it as much as I have.

Happy reading!

Miss H Davies - Director of Sixth Form

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The Psychology Of Exam Stress

By Aisha Qureshi and Umarah Hussain

We've all felt it - that racing heart before an exam, sweaty palms as the paper is handed out, or the feeling that there's simply too much revision to do. But what actually is stress?

Stress is defined as the psychological and physiological response to a perceived threat. A small amount of stress can be helpful because it motivates us to revise and stay focused. However, when stress becomes prolonged or overwhelming, it can negatively affect both our physical and mental health.

Top tips for Managing Exam Stress

1. Make a revision plan
2. Break your revision into smaller manageable sessions instead of trying to learn everything at once
3. Get enough sleep
4. Sleep helps your brain process and store information, making revision more effective
5. Take regular breaks
6. A short walk, stretching or listening to music can help you return to work feeling refreshed.
7. Look after yourself
8. Stay hydrated, eat balanced meals and try to keep active - even a 20-minute walk can boost your mood
9. Talk to someone
10. If you're feeling overwhelmed, speak to a friend, family member or teacher. You don't have to deal with exam stress alone.

Remember...

Exams are important but they don't define your worth. Do your best, take care of yourself, and remember that asking for help is a sign of strength.

Psychology Fact

The fight or flight response is your body's natural reaction to stress. Before an exam, it may make your heart beat faster or your palms feel sweaty. This is completely normal and is your body preparing you for a challenge.



Why Feminism Still Matters

A look at why the fight for gender equality is still as important as ever.

By Grace Tomlinson

An estimated 130 million girls will never step foot in a classroom yet, nearly half of the UK's fourteen-year-olds claimed they disliked school in 2024. As a Westernised population, we have become blinded by the progression our country has made in terms of gender inequality so much so, only 35% of British people would claim to be feminists. Feminism is a belief that men and women should have equal rights and status in society; throughout this article I will uncover why this ideology still matters in our 21st century world.

Globally, 2.2 million females experienced domestic abuse in 2021, according to the Office for National Stats, a statistic which the UN gender equality chief said proves that "women's rights are regressing worldwide". These frightening statistics are mimicked in the UK; the ongoing world cup has revealed the horrifying fact that DV increases by 38% when England loses and 26% when we win or draw. Only four countries have at least fifty percent female representation in their legislative branches and the UK is not one of them hence, why feminism is essential even in the modern day.

The 1965 Private Members Bill which criminalised marital rape seems to be taken as standard for many living in the UK however, this is not an international reality- in fact, 112 countries do not legally state that marital rape is a crime and 49 countries have no laws criminalising DV full stop.

Take Sudan for example, a country which has been involved in ongoing civil conflict for four years and is a prime example of stagnant reform of women's rights. Here, simply being a woman is a "strong predictor" of hunger, violence and death according to the UN gender equality agency; rape is being used as a weapon of war, women are the last to receive food and basic liberties of period products are scarce. In North Darfur, a single packet of sanitary products costs \$27- period poverty is a crisis. Despite these continuous struggles, we as a "modernised society" fail

to acknowledge the severity even down to our media, which presents this horror as trivial in comparison to our Pop Culture indulgence.

Similarly, Yemen is approaching its 10th anniversary of conflict and has the lowest Gender Development Index internationally of just 0.456. A mere 6% of Yemeni women work, a fact which may be amounted to the country's depleting literacy rate of just 2.9 years- the lowest worldwide. In areas located near deadly conflict there has been an 87% increase in sex related violence (the highest its been since 1990)- to put the extremity of this into perspective, 676 million girls and women live within just 50km of deadly conflict- figures which are quite frankly sickening. The list goes on- Afghanistan, Iran, Saudi Arabia. So why as a society do we continue to pull away from empirical evidence of ongoing gender discrimination?

Simply because it isn't happening close enough to home appears to be leading to dissociation nevertheless, this shouldn't be the case. Ultimately, gender inequality is still prevalent whether through gender bias in which employers are 13% less likely to click on a woman's LinkedIn profile than her male counterpart, which will impact us within the UK, to the pandemic of FGM across the world- a practice which occurs in 30 countries and which 4 million girls are at risk of enduring each year. Even with all these alarming figures the one which struck me most is that 1/3 of women globally have experienced physical or sexual assault- this stat has no specific demographic, nation or race in mind but I feel it goes to show that the fight for egalitarianism shouldn't be abandoned until that statistic is set to zero. "Developed" nations are abandoning those who are left behind- just because it isn't happening in extremity here doesn't mean it isn't happening at all.

Christopher Nolan's The Odyssey

While the Odyssey was first written down around the 7th century, and therefore you've had apt time to get to know the story, this review will remain spoiler free.

By Eden Rumble

Sing to me of the man, Muse.

Christopher Nolan's newest feature film, The Odyssey, was released on Friday 17th July and was one of the most anticipated films of the year. Announced in December of 2025, the film was initially met with backlash, mainly due to the lack of historical accuracy when it came to late Bronze Age armour, however the star stacked cast and promise of a feature length movies filmed entirely on 70mm IMAX promised a result of epic proportions.

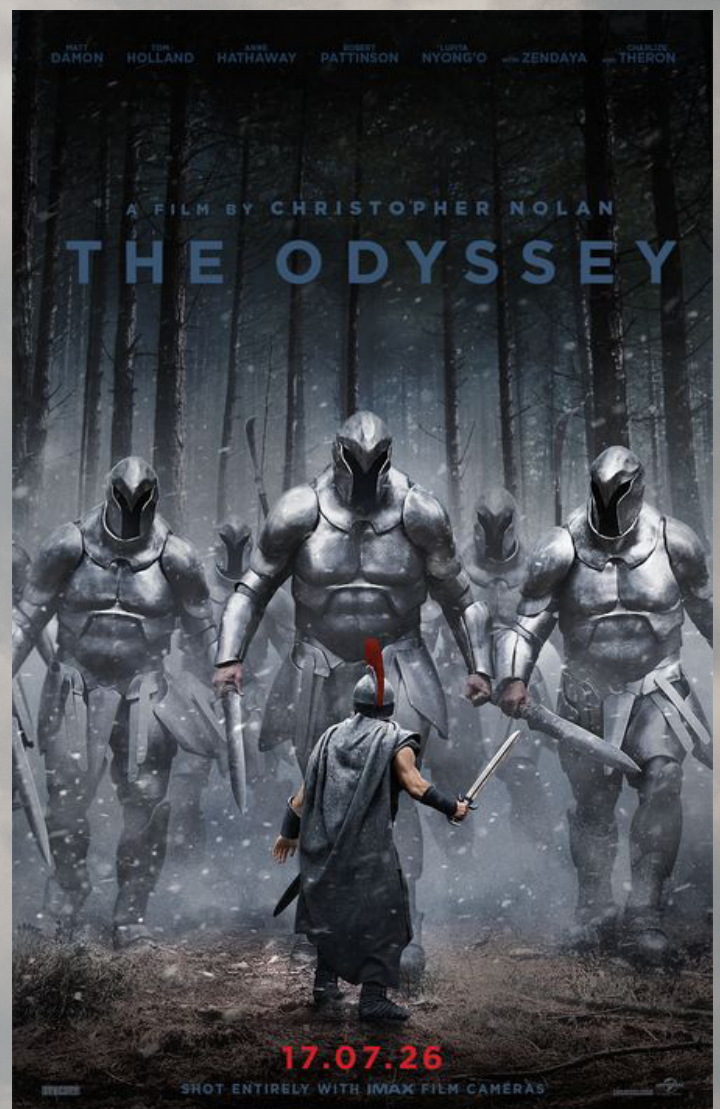
The Odyssey follows the journey of the Greek hero Odysseus, played by Matt Damon, to his home island of Ithaca, where his wife Penelope, played by Anne Hathaway, and son Telemachus, played by Tom Holland have been left for 20 years, while Odysseus laid siege to the city of Troy.

The story's main driver is the theme of homecoming, as Odysseus endures the trials he faces in the hope of seeing his family again, however Nolan reimagines this, placing emphasis on the anti-war elements of the epic. Odysseus is haunted by his actions towards both enemies and his own crew, he follows through on his promise to return home to honour those he as lost on the way.

Nolan captures the epic nature of the story by filming all 172 minutes in 70mm IMAX, giving audiences crystal clear visuals with an increased field of vision to bring to life the mythological elements of the story. As well as this, minimal CGI was used, with practical effects making the visuals to appear lifelike and engaging.

The film is accompanied by a score by Ludwig Göransson, which uses elements from ancient Mycenaean music to frame the story as the epic song it is. Göransson has been praised for his innovation in using ancient instruments such as lyres, auloi and brass gongs to recreate sounds from the period.

While Nolan's Odyssey does not accurately represent the story as a whole, with much left out, it succeeds in faithfully reconstructing ancient constructs such as Xenia, laws of hospitality between host and guest, and translates it into a modern point of view which conveys a powerful anti-war sentiment.





Can Going Offline Change Attitudes?

How the implementation of the under 16 social media ban will reduce misogyny amongst teenage boys

By Martha Roberts

Recent news that a social media ban will be implemented from the beginning of next year saw a mixed reaction online - with the majority of under 16 year olds almost hysterical at the thought of living life without access to these platforms. Hashtags and comments responding to the news across platforms took an exaggerated approach, namely 'What am i gonna do with my life now', 'So I'm old enough to choose my future but not live life through a phone?' and even '#movingtoamerica'. But is it really that shocking? Women across the country actively advocate for a world where they are respected by men and perpetuating a toxic narrative about the way men view women on social media does not align with this and calls for some action to be taken.

Andrew Tate, one of the most influential male influencers on social media, has infiltrated algorithms of young boys for recent years, with his podcast clips and the #AndrewTate hashtag (where he shares his controversial and antiquated views on women and their inferior place in society) have accumulated over 20 billion views on TikTok alone. Boys at ages 10-16 are at a significantly both impressionable and formative age and

are scarily susceptible to being influenced by extremist views like Tate's. After just one exposure, young boys likely share similar comments with their friends, creating a spread alike to a disease, with its undeniably contagious nature. At an age where peer pressure is prevalent across society, it's worrying to think that these heavily misogynistic views are being passed on. The over reliance on social media for young people has become increasingly clear in recent years and it's this dependency on it that is causing boys to adopt extremist views which are deemed as being 'masculine' according to social media's expectations.

While social media has been proven to offer important skills, news and information to the younger generation, reduced exposure to misogynistic influencers and sexist content could decrease the normalisation of misogynistic attitudes in the UK, helping to challenge harmful stereotypes and promote greater equality between men and women. Changes in government policy such as this ban and documentaries such as 'The Manosphere' hosted by Louis Theroux have brought these issues to a wider audience, but further work is needed, perhaps through the education system, in order to create lasting change.



Is Farage Out For The Count?

A satirical look at Nigel Farage's resignation, the Clacton by-election and the unlikely challenge from Count Binface.

By Oliver Williams

On the 7th of July 2026, Nigel Farage made a speech regarding his political future. People waited with bated breath, on the edge of their seats with party hats and cake ready to deploy should the best-case scenario come to fruition; this anticipation was nulled when Farage made the more disappointing admission that he would be resigning only as MP for Clacton and not permanently from public life. He is one of only two candidates in the upcoming Clacton by-election, the battle of the ages, the gladiatorial gauntlet. The other is a humble yet familiar underdog, a phoenix rising from his recent crushing defeat to the King of the North in Makerfield: Count Binface.

Nigel "The Frog" Farage has been skulking in British politics since the early nineties, becoming a founding member of UKIP (the Eurosceptic "UK Independence Party") in 1993, becoming an MEP from 1999 to 2020. During his time there, he managed an impressive track record of stunts and unprofessional insults to European leaders, giving comments in the European Parliament that were deemed "inappropriate, unparliamentary and insulting to the dignity of the House", and getting himself into an expenses scandal involving £200,000 of "gifts" over ten years, and employing his own wife as his secretary using public funds. This litany is shocking considering his attendance at the European Parliament being one of the lowest - his voting record as of January 2018 ranked him as 748th out of 751 MEPs, and over 3 years as a member of the EP Committee on Fisheries he attended just 1 of 42 meetings (probably too busy reading Enoch Powell speeches and doodling little hearts round his name, given his 2008 praise-laden comments on the famous racist).

Farage's activity surrounding Brexit are the most iconic in his highlights reel - Mr Brexit was a key figurehead in forcing David Cameron to call a referendum, and in the Leave campaign, which UKIP had been striving for since its creation. The result was 52% Leave, defining the next ten years of British politics.

Let's take a look at the beautiful and inspiring results of Farage's supranational crusade.

- In 2023 the economy was found to be £140 billion smaller than it would have been as an EU member.
- Brexit has caused an increase of food price by £210 per household per year on average.
- In 2023 Farage publicly confessed that "we have not benefited from Brexit economically".
- The UK has been politically and culturally driven further from Europe and towards the USA, just in time for the current level-headed and clear-minded presidency, causing more pressure on the UK to get involved with the US in projects like selling arms to Israel to enable an ongoing genocide.
- UK citizens have lost benefits of EU membership such as freedom of movement within the EU and seamless trade (blame the ex-Honourable Member for the long lines we now face at the airport).

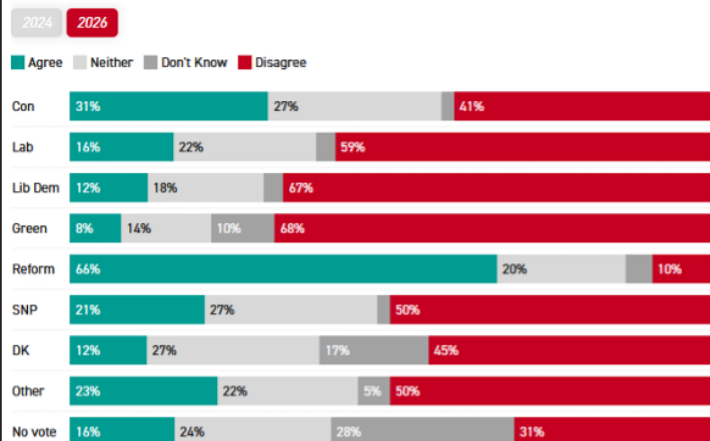
After Brexit, UKIP became basically defunct after its one goal of leaving the EU was achieved, leading Farage to leave in 2018 and form the Brexit Party, or, as we now know it, Reform UK - fan projects include Restore Britain, Renovate UK, the Reclaim Party and the Rename Party (try to guess which two are made up). Reform is so swamped with spatial leadership that they may as well be called the Farage Party, because their policies and party structure leave a lot to the imagination. In 2024, he was elected as MP for Clacton with 46% of the vote, and he met his new constituents to rapturous applause (and a milkshake being thrown on him). Since then, he has been the spawn of too many controversies to count, including accidentally voicing support for the IRA - proving that he really will do anything for £60, having 13 outside employers giving him 2 million pounds since 2024, and most recently, being discovered to have received a 5 million pound "gift" in 2024 from cryptocurrency billionaire Christopher Harbourne. This has been the cause of his resignation and by-election standing.

Farage may have assumed that since Clacton is one of the safest Reform seats in the country, and no other major parties are bothering to take part in Farage's stunt, he would secure an easy landslide and be back in Parliament, milkshake-free, by the middle of August. He assumed wrong - political enigma and famed "independent space warrior" Count Biface has risen to challenge Farage for the thing he holds second dearest (after Donald Trump's hit book "The Art Of The Deal") and stand in the by-election: this could well leave Farage shaken because despite his populist and Messianic reputation among the right wing, the Count is truly the people's prince and media darling who the public would love to see in Farage's spot in Parliament. Polling backs this too - Farage is no longer seen as a counterculture phenomenon (it's surprising he ever was considering his backbreaking blue collar former career as a millionaire commodities trader in London).

The question now is: will the disgraced rich MP be defeated by the humble Biface? Frankly it's doubtful but it would be the definitive moment in British political history if the spacefaring warrior wins off his promises to nationalise Adele and build at least one affordable house. All hope is not lost; MPs are already petitioning for him to be allowed to wear his spacesuit and bin in parliament should he win, and Farage is facing a steady decline in support as voters abandon him to flock to the new racist spinoff Restore Britain. My own prediction is an extremely low turnout, and around a 30% vote for Farage, while Biface garners about 15. This said, I will be hoping for a Bindependance Day come August 13th that will make A-level politics far more entertaining.

Farage vs. the Establishment

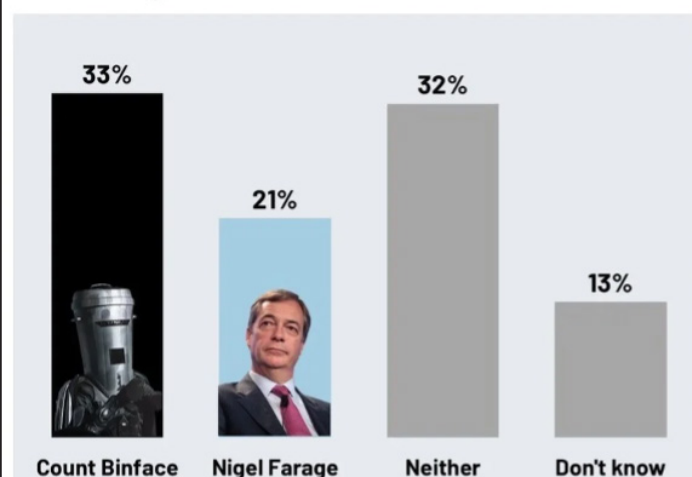
The only group of voters who believe 'the Establishment' is out to get Farage are existing Reform voters. Share of respondents by voting intention, who in a Public First poll answered to the statement 'Farage is a victim of the political establishment.'



The survey was conducted online between July 10 and 13, 2026 amongst 2,024 adults in the U.K.
Source: Public First
Júlia Vadrler/POLITICO

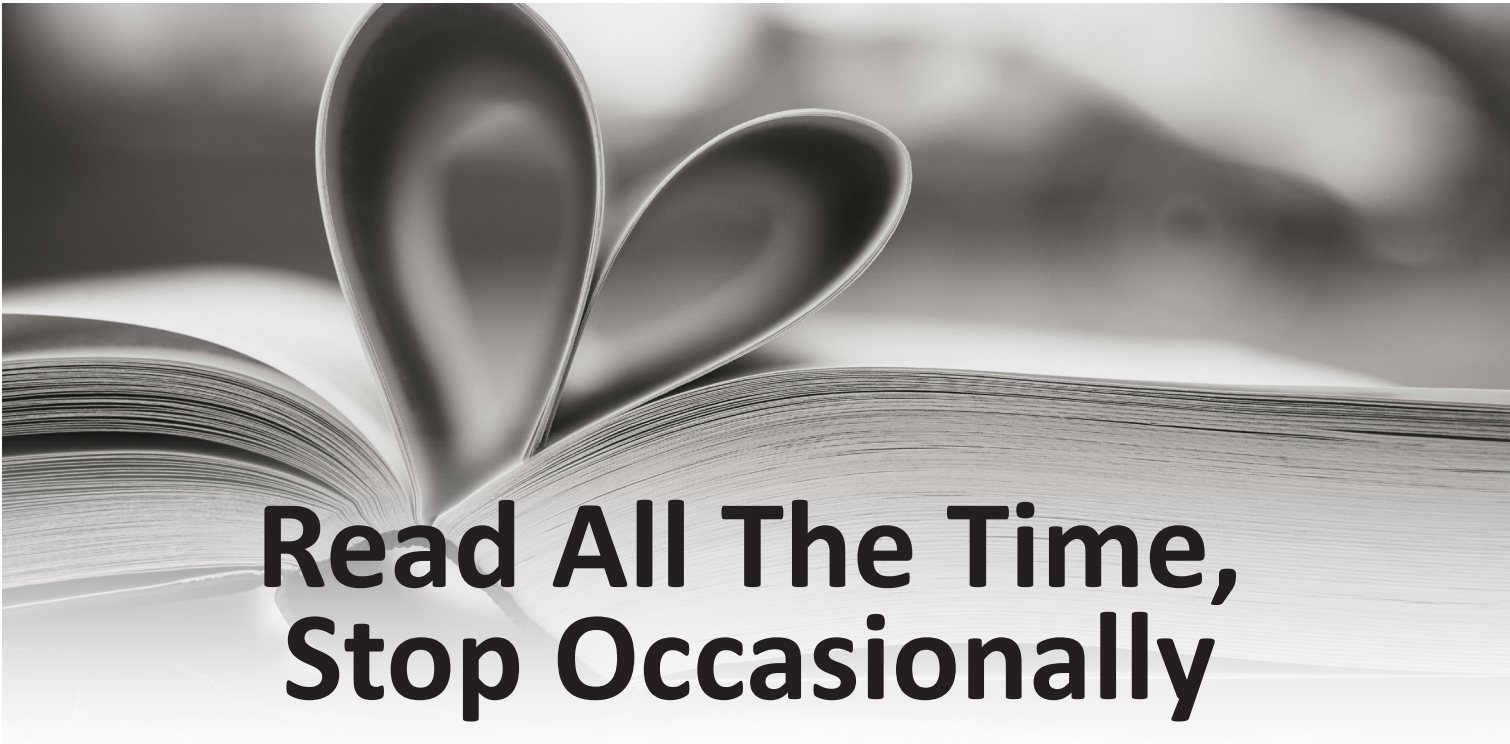
'Political enigma and famed "independent space warrior" Count Biface has risen to challenge Farage for the thing he holds second dearest (after Donald Trump's hit book "The Art Of The Deal") and stand in the by-election.'

Which of the following would you prefer to win the by-election in Clacton?



Base: 1,000 Online British adults aged 18+, 8-9 July 2026
Source: Ipsos Omnibus
Q: Which of the following, if either, would you prefer to win the by-election in Clacton?





Read All The Time, Stop Occasionally

**Discovering the stories, authors and genres
that make reading impossible to put down.**

By Martha Roberts and Chloe Ashworth

Our column will explore a wide range of book genres, aiming to celebrate and advocate reading in all its forms.

This month, the focus is on thrillers: books that keep readers guessing, asking questions, and proposing possible solutions. In recent years, the genre has grown in popularity among young adult readers, with authors such as Freida McFadden reaching large audiences through fast-paced stories and dramatic plot twists. Research has suggested that, while thrillers are a source of entertainment, they can also stimulate the brain's problem-solving abilities, showing that they are not only exciting but intellectually engaging as well.

Thrillers are a great place to start your reading journey, as they capture attention from the very first page. In a society where entertainment is increasingly fast-paced and visual, many people find it difficult to maintain focus while reading; thrillers challenge this by offering gripping narratives that demand attention and curiosity. Readers often become quickly attached to the characters, eagerly following their choices and discoveries as the story unfolds. This momentum is what makes thrillers so effective at drawing even reluctant readers back to books. It is no surprise that more readers are discovering how addictive a well-written thriller can be, and the demand for these page-turning stories continues to grow. Amongst an age group often criticised for short attention spans, thrillers remain a powerful force in contemporary reading habits because of their ability to instantly engage younger readers.

The growing influence of social media has also played a significant role in shaping modern reading culture and the genre's appeal. The popularity of the hashtag 'BookTok' has shown how platforms such as TikTok can form communities centred around a love of reading. These spaces encourage readers to analyse hidden meanings, discuss endings, and recommend similar titles to others, making books feel more interactive and socially relevant.

With recent events such as World Book Day, many people have celebrated reading, feeling encouraged to discover where the world of thrillers can take them. Book displays, recommendations and discussions have highlighted a wide range of suspenseful stories, from classic mysteries to modern psychological thrillers that keep readers guessing until the very last page.

Being an up-and-coming genre, thrillers are slowly taking over the modern literary world, especially with the recent release of *The Housemaid* by Freida McFadden. The highly anticipated adaptation stars Sydney Sweeney as the protagonist Millie, alongside Amanda Seyfried as the unsettling Nina. While many audiences are already hoping for a second film, readers will know the story continues in the rest of the trilogy, which is quickly gaining traction. With more and more people discovering the series, now might be the perfect time to see what all the excitement is about.

Part of what makes thrillers so addictive is their ability to keep readers wondering what will happen next. With fast-paced chapters, unpredictable twists and unreliable characters, they are difficult to put down. It appears likely that thrillers will continue to rule both bookshelves and movie screens as more people come to appreciate the unforeseen quality of the genre.

We invite you to try a thriller this month, handpicked from different authors, popularity levels and reading tastes in the lists below.

A few of our personal recommendations:

- *The Housemaid* by Freida McFadden
- *Ward D* by Freida McFadden
- *The Silent Patient* by Alex Michaelides
- *The Couple Next Door* by Shari Lapena

Amy's Blasts From The Past

Stand out albums and songs from decades gone by

By Amy Partington

Welcome to this second edition of my Blasts from the Past! I'm back to recommend another set of songs from decades gone by for you to add to your playlists!



You Really Got Me
by The Kinks (1964)

This breakthrough hit from The Kinks is a classic, perfect for an upbeat start to your day! Released in 1964, it's been a banger of a tune for decades, and is even credited with being a song that influenced the heavy metal genre.



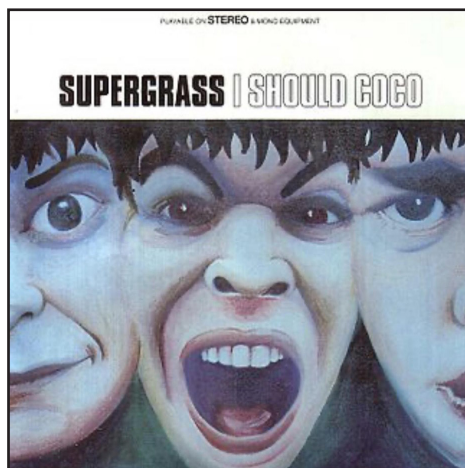
Rock Lobster
by The B-52s (1979)

A fun and funky new wave classic straight out of Georgia, this jam from the B-52s is as timeless as it is iconic. Featuring catchy guitar lines and lyrics that paint a whole picture in your head, this sure is a song to dance along to!



Talking in Your Sleep
by The Romantics (1983)

This American hit may not have gotten far over here in the UK (unlike the Bucks Fizz cover of it), but it's certainly a catchy tune which gets stuck in my head quite often!! Its jangly guitar and romantic lyrics are perfect for a lazy afternoon's listening.



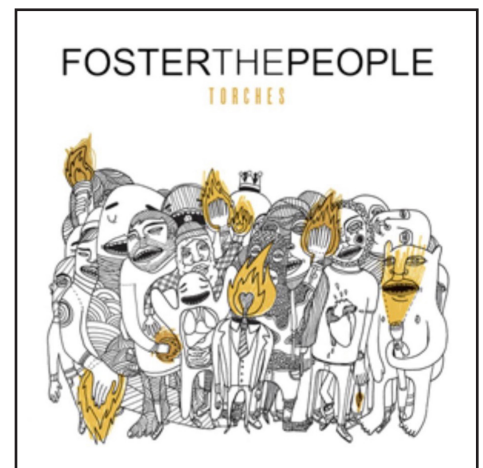
Alright
by Supergrass (1995)

Bit of britpop anyone? This song from Supergrass is an anthem for us youths, full of lyrics that are meant to encapsulate teenage years. With a great music video (one of my favourites, at least) filmed in Portmeirion, this familiar banger is one I'm sure you'll enjoy if you aren't already familiar with it!



Once and Never Again
by The Long Blondes (2006)

If I asked you to think of an indie rock band, particularly one from the 2000s, I'm sure you could think of quite a few - The Strokes, The Libertines, Franz Ferdinand, The Hives, Interpol, to name a few. But can you think of any that are fronted by women? Well, if you've been looking for one, The Long Blondes is the one! A little less famous than other indie songs, Once and Never Again is a hit that serves as a reminder that we're only teenagers, and we all worry about stuff, but honestly? It'll pass.



Pumped Up Kicks
by Foster the People (2011)

If you were to be familiar with any of the songs on this list, this is the one I'd expect it to be! One of the most popular songs of 2011, this American tune with its iconic bassline and catchy whistling is the definition of an earworm.

METANOIA BY TM JORDAN - STREAM NOW

Metanoia is a 5-song rock/electronic EP, based on the ancient Greek word meaning “change of perception” or spirit. It can apply to anyone, and the EP follows the narrative of my own “Metanoia” by using the songs to create stories and fake scenarios that echo the emotions that I feel in my own life.

The EP is written, produced and recorded by me using digital audio software, and Oscar Gavagan (Gav) helped me with some guitar riffs as seen in the tracklist. You can check out snippets on @tmjordanfr on TikTok, and all streams are greatly appreciated!

Tyler (TM Jordan)

TRACK LIST:

Ndgame

Million Songs 4u (ft. Gav)

I've Had This Feeling Before

Cliché Kid

Outro Solo (ft. Gav)

MUSIC VIDEO:

Check out the music video for 'Million Songs 4u', on YouTube now!



<https://youtu.be/PBt7pMspua8?si=gj8nqQIZFB3QN9oI>

Check out Metanoia on all platforms listed below...



or scan these codes!

