



How to deal with study & exam stress

Stress occurs when you feel everything is getting on top of you and you no longer have a sense of control. Use these simple techniques to help alleviate the symptoms of stress, around exam time:

- Keep an internal eye on yourself. If you are feeling stressed out and everything is starting to get on top of you—take a break & relax, visualising yourself doing well, or speak to a confidante about your feelings.
- Avoid comparing your results and abilities with those of your classmates.
- Organise, plan and devise a study timetable and stick to it.
- Make sure you eat & drink correctly. Have a proper breakfast and ensure you are eating a healthy & balanced diet.
- Take exercise and avoid stimulants.
- Try to aim for 8 hours of sleep a night.
- Quit bad habits like drinking and smoking.
- If you do start to panic (now or in the exam)—close your eyes and focus on deep breathing. Tell yourself that you can do this.
- Whilst in the exam try and remain focused and calm and cross check that you have answered all of the questions at the end of the exam.



- Review all of your notes and text books. Look at how many pages there are in each and break this down into workable chunks (of approximately 10 pages a session).
- Tick off areas on your course syllabus, as and when you have studied them.
- Make a note of any problem areas, as you go, so that you can schedule time to revisit same.
- Make sure you factor in breaks and if you are studying multiple subjects, mix up the timetable, so that you do not get bored.
- Make your timetable bright and colourful, using different colours for each subject.
- Don't be afraid to tweak your timetable as you go through to suit your purposes better—life happens!
- Be strict and keep to the timetable, as much as you can. However, don't beat yourself up if real life invades and you go slightly off track, just try and make up for any missed time.
- Attempt all of your mock exams and factor these in to your timetable too.
- Finally, remember to switch to question / exam practice in the month before your exam (even if you haven't finished reviewing your notes and text book). The exams are very time pressured and you will need to be very used to getting down information as quickly as you can.
- As long as you have reviewed your subject, made concise notes and practised the test questions (under timed conditions) you stand a very good chance of passing your exam. If you are struggling, please contact us.

• **Best of luck!**