

COPING WITH EXAM STRESS



MAKE TIME FOR REGULAR BREAKS

You need to stay fresh to absorb the information and breaks are the best way to do that. Plan your time properly, so you know when you need to study and when you can take a break.

START EARLY

There's no point starting revision the night before an exam. This will also give you time to work out what type of learning suits you, so that you can plan an effective revision strategy.

AVOID COMPARING YOURSELF TO OTHERS

Absolutely everyone does it. But remember that these exams are about YOU. You can only do your best and comparing yourself to others helps no-one. Just focus on doing your very best for you.

GET PLENTY OF SHUT-EYE

You cannot physically revise all hours of the day and night. You will only exhaust yourself to the point of being unable to stay awake when you really need to – during your exams. Make sure you get a good eight hours and you'll feel much more positive.

YOU ARE WHAT YOU EAT

You probably want to eat junk food and sweets because that's what we do when we're stressed. But making sure you eat a good, balanced diet, and sticking to regular meal times will make sure you're properly fuelled to perform to the best of your ability.

And don't forget to drink plenty of water!

EXERCISE

Exercise is the perfect way to de-stress and it will help to sharpen your mind too. Make sure you allow time for a little bit of exercise during your study breaks, whether it's going for a run or a walk.

Why not listen to a recording of some revision notes – the info will go in and the rhythm of the exercise will help it to take root.

BREATHE

If you feel yourself starting to panic just take a deep breath, hold it for five and breathe out. This is the most effective way to calm yourself down.

AVOID THE POST-MORTEM

Everyone does it – as you leave the exam hall, you'll want to check what your friends put for that tricky question 5a. But you can't change what you put, so really this is just torture and could make you worry even more. Just be pleased that the exam is over and try to put it out of your mind until results day.

GET SOME PERSPECTIVE

Yes, exams are important. And they've governed your life for a long time now. While they may not be the be-all and end-all and there is a life beyond them they are too good a life-enhancing opportunity to miss out on!

And remember, even if your results aren't what you hoped for, your teachers are on your side and will help you with the next step, so do not panic!

