



EXAM STRESS

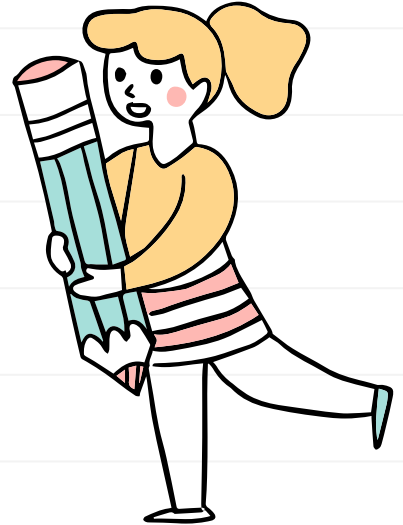
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Have exams coming up?
Sometimes the pressure you
feel can help keep you focused,
other times it can cause stress.
Check out these tips to help you
cope with stress during exam
time.



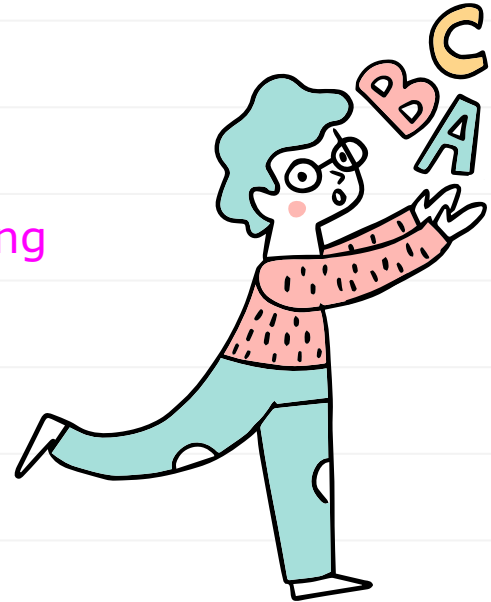
What does exam stress look like?

- Feeling confused
- Losing touch with friends
- Feeling moody and low
- Having trouble making decisions
- Feeling overwhelmed
- Lack of motivation to do anything
- Trouble sleeping or getting out of bed
- Tense muscles or headaches
- Having an upset stomach or feeling sick
- Fidgeting, nail biting, teeth grinding



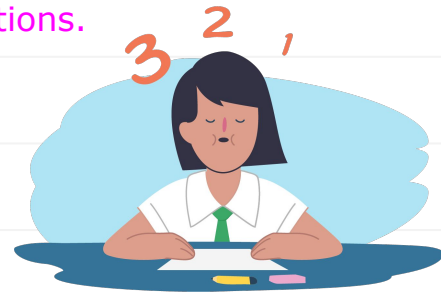
Why do people experience exam stress?

- Worry they might fail
- Don't think they will do well
- Don't feel prepared
- Find it hard to understand what they're studying
- Want to do really well
- Feel pressure from family to get good marks
- Don't have much time to study
- Feel they need to compete with others
- Need to get a certain result
- Have other things happening in their life



Here are some tips to help exam day go smoothly

- Work out what you need to take with you on exam day and organise this the night before.
- Eat a good, light breakfast – this will help with energy and concentration.
- Go to the toilet before the exam starts.
- If you feel yourself getting worried before your exam - spend some time focusing on your breathing.
- When you sit down to do your exam, take time to slow your breathing and relax.
- Read through the exam paper carefully. Underline key words and instructions.
- Work out how long you have for each question or section.
- Aim to have time to re-read answers through and to make any changes.
- Work on the questions that you find easiest first.





8 Tips To Cope With Exam Stress

- Prioritise your time when revising.
- Make a revision timetable.
- Exercise and eat healthily.
- Take breaks from social media before exams.
- Put your worries into perspective.
- Cut out caffeine, alcohol and nicotine.
- Do mock exams at home.
- Improve your exam time management