

How to Cope with Exam Stress



What is stress?

- Stress is a reaction of the nervous system to protect itself from a real or imagined attack what is called 'fight or flight'
- Adrenaline is released and if it goes unused the result is stress
- Stress can be caused by many things, including physical factors like pollution, extreme temperatures or injury or by psychological factors such as having an argument at home or studying for exams!
- As we know a lot of stress isn't good for you and could affect exam performance.

How can stress affect you?

- A small amount of stress is necessary - it's part of our natural warning system, making us alert to danger and ready to run from threatening situations
- In an exam situation, a small amount of adrenaline pumping through your body keeps you alert. If you have been on stage or involved in sport you will know what this feels like.

How may you react to stress?

A screenshot of a presentation slide. The slide has a white background with a purple header bar. The title "How may your children react to stress?" is centered at the top. Below the title is a photograph of a young man sitting at a desk with his hands on his head, looking stressed. A thought bubble above him lists several symptoms: "Dry mouth", "Anxiety", "Moodiness", "Not Sleeping", "Snapping at people", "Can't sleep", and "Forgetfulness". At the bottom of the slide, there is a line of text: "It's extremely important to remember that everyone deals with stress differently." and a logo that says "Together Students Achieve". The slide is shown within a window titled "2 of 4" and a taskbar at the bottom shows the date "09/02/2017" and time "16:37".

It's extremely important to remember that everyone deals with stress differently.

So what can you do to reduce this?

Studying

- At the UTC we will support you in planning your study/revision and encourage you to ask for help if you are finding it difficult or don't understand something
- Log on to 'Get Revising'. It will help you plan a revision timetable and give you access to past exam papers, see: <https://getrevising.co.uk/>
- Remember everyone revises differently, what works for your friends might not work for you
- Remember to take breaks & plan some 'time out'
- Try to have some quiet space to study, this can be really hard if there are younger children in the house or you share a bedroom.

Relax

- Make sure that you look after yourself while you are studying
- Taking regular breaks from studying & doing things that help you to relax will help immensely.

Exercise

- Try to exercise, doing an activity that you enjoy like football, swimming, dancing and going for a walk with a friend
- If you already participate in sport or activities, continue while you are studying. However if your sport/activity takes up a lot of your time, it might be sensible to cut back for a short while until exams are over.

You are what you eat...

- It's difficult at the best of times to try and eat healthily, making sure that there's lots of fruit, veg, fresh food & healthy snacks at home
- You should avoid lots of caffeine & sugar (e.g. high energy fizzy drinks & chocolate bars) as they won't help you to concentrate properly
- Drinking plenty of water and staying hydrated will help
- Make sure that you eat a healthy breakfast before leaving the house for an exam.