

EXAM STRESS

Think of exams as a piece of wood with smoke around it, alerting you a fire is about to start.



Your job is to prevent the fire from starting. A way of doing this is with water. However, you need to:

- Organise the time you have;
- Understand basic things such as where exactly is the fire coming from;
- Plan how to bring the water to the piece of wood.

Similarly, being organized can help to be successful in an exam without worrying too much about it. One way of being organized could be:

- Think of exams as a project with a deadline date;
- Understand the basics, such as what will the exam be like and how is it structured, and work on areas you don't feel confident with;
- Prepare a study schedule;
- Schedule some free time and make sure you take breaks;
- Don't panic if you do not manage to keep up with your schedule, tomorrow is a new day.

Can you think of ways to be organized to stop the fire from starting?

What exam are you thinking about?

What is the structure of the exam?

What area of the exam worries you the most?

How would you plan to work on the area that worries you?

How would you organise your studies?