EXAM STRESS

Exams can be overwhelming and preparing for them might be challenging. Being organized might be a mean to be successful in exams and to not experience much stress during the process. One way of being organized could be:
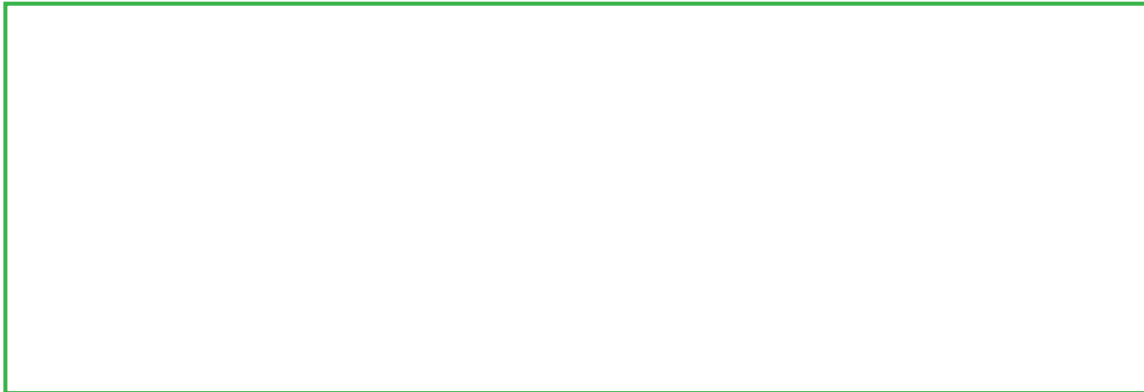
- Think of exams as a project with a deadline date;
- Research and understand the basics of the exam, such as how will the exam be structured, and work on areas you don't feel confident with;
- Break down revision in blocks and prepare a study schedule;
- Plan some free time and make sure you take breaks;
- Don't panic if you do not manage to keep up with your plan, tomorrow is a new day.

Can you think of ways to use these tips?

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?