



EXAM STRESS



Dealing with Exam Stress

It is normal to feel a bit worried about exams, especially if you're under pressure from work or family. Exam stress can cause you to feel anxious or depressed, and this might affect your sleeping or eating habits.

If you recognise any of these feelings, or are worried that exam pressure is taking over your life, you are not alone, and there are things you can do:

- Let your trusted friends and family know if you are struggling so they can be there to support you, encourage you and offer a listening ear. You don't have to go through this alone. Keeping it all in will only make things worse in the long run, so don't be afraid to open up.
- Ask for help. Think about all the practical support you need and be honest with yourself about it. You are allowed to ask for help. Talk through your concerns with your teacher/tutor who can let you know what support is available to you. They will have spoken to lots of students before who are going through similar things.
- Try finding a study group or start your own. Working through problems with other students can be a nice way to keep your social life going and boost your morale.

Procrastination

Procrastination is the act of delaying or postponing a task or set of tasks. So, whether you refer to it as procrastination or akrasia or something else, it is the force that prevents you from following through on what you set out to do. Fear of failure can often be what makes us procrastinate, developing skills that help us stop procrastinating can be the key to our success.



Organisation

Planning ahead with clear goals will help you avoid all-nighters, study well and minimise the pressure on yourself.

The sooner you get started the less pressure you'll put on yourself as it gets closer to exam time. Making notes in class, trying different note-making styles (such as using visuals, flow charts, mind maps among many others) and regularly revisiting your notes is a good way to get a head start while you're still learning. If that doesn't work for you, take this [learning preferences quiz](#) to get the most from your studies.

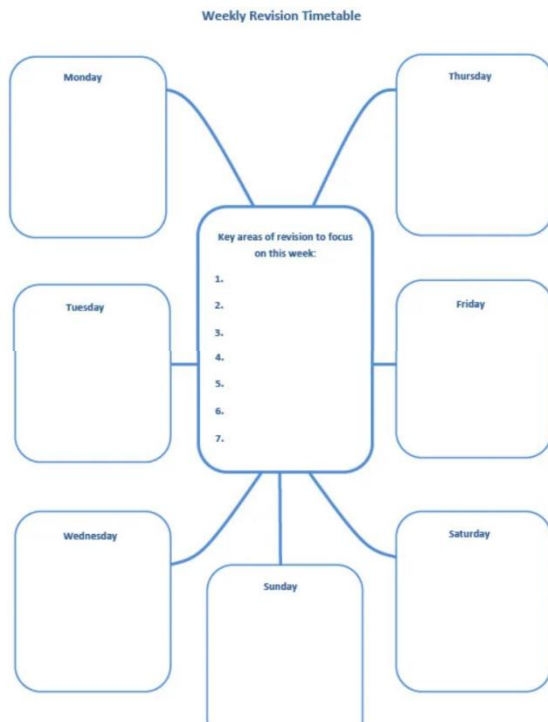
Starting your revision early is key but there are other ways to prepare for exams as well. Familiarise yourself with what your exams will be like if you can. You won't know everything about an exam, but these 6 things can help reduce your stress:

- Explore the exam topics and read the module learning outcomes in your handbook to work out what might come up
- Know the day, time and duration of each exam – and write them in your diary or calendar
- Find out what equipment is or isn't allowed ahead of time
- Find out how the exam paper or task is structured – is it multiple choice, short answer, long answer questions, or a practical? Is it divided into sections? Which questions are worth the most marks?
- Use past papers if you have access to them – they'll give you an idea of what to expect

Revision timetables are a very effective way of staying organised and managing your time. It's important to allocate time for studying, working, and relaxing.

Activity

Use one of the revision timetables below (or create your own) to start effectively planning your time and preparing for exams.



Revision timetable

Name: _____

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|--------|---------|-----------|----------|--------|----------|--------|
| 8 am | | | | | | | |
| 9 am | | | | | | | |
| 10 am | | | | | | | |
| 11 am | | | | | | | |
| 12 pm | | | | | | | |
| 1 pm | | | | | | | |
| 2 pm | | | | | | | |
| 3 pm | | | | | | | |
| 4 pm | | | | | | | |
| 5 pm | | | | | | | |
| 6 pm | | | | | | | |
| 7 pm | | | | | | | |
| 8 pm | | | | | | | |



Additional Resources References

There are various external resources available, we suggest you take a look at this additional content which may support you.

[How To Stop Procrastinating - The 321 Trick - YouTube](#) (2016)

[Learning Preferences | MyPort | University of Portsmouth](#) (2023)



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