Strategies To Beat Exam Stress

Students are known to view examinations as a nemesis, and their stress level may peak prior or during the exam period. The pressure could come from multiple assignments or project deadlines, or from the expectation to perform well for a host of reasons, such as better career prospect or meeting scholarship pre-requisite.

Consequently, many cut back on sleep, exercise or social activity. While this is understandable, it may become a matter of concern when these cutbacks result in their health and wellbeing being adversely affected. It is not uncommon for students to report poor level of productivity, self-esteem and quality of life.

Thus, it will be highly beneficial that students develop and equip themselves with healthy strategies to better deal with exam stress.

Tips on managing exam stress more effectively:

❖ Adopt a structured approach to your studies, rather than basing it on your emotion (i.e. I study when I feel like it).

❖ Develop a realistic and achievable schedule that includes time for study, recreation, important events and daily activities.

❖ Avoid procrastination and escapism by exercising self-discipline. Stay committed to your goals, and say 'no' firmly to any distraction.

❖ Anxiety may impair your performance. Thus, give yourself the consent to make time for relaxation, sleep, meals and exercise as they are necessary to aid your intellectual and emotional health and functioning.

❖ Stay positive by serving constant gentle reminder to yourself that your life is more than the pursuit of grades alone. Share any of the issues you may have with someone you're comfortable with or with a professional.

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