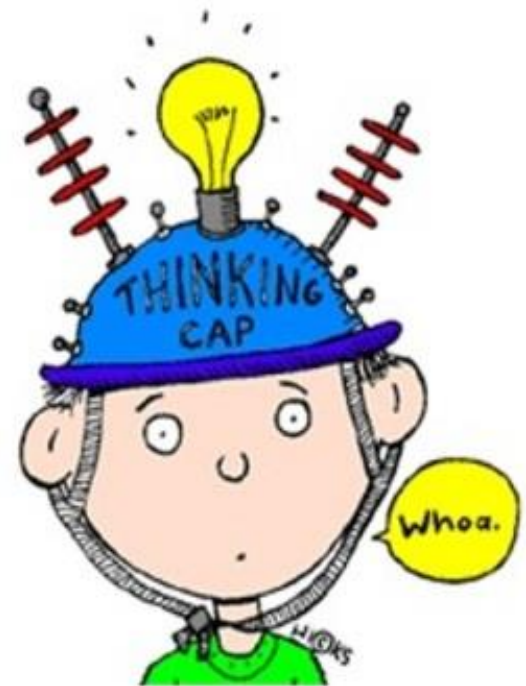


Surviving Exams - Together



What do you want from this forum?

- Talk with the people you are sitting near and be honest!



For the procrastinator:

- <http://pomodorotechnique.com/>
- Write a list – commit next steps to paper, then tick things off
- Remove distractions for a set time
- Support the study with your own quiet activity



<http://www.bbc.co.uk/programmes/articles/1HsY1X8ySjKBMVXPVCbP4qH/exam-stress>

<http://www.nhs.uk/conditions/stress-anxiety-depression/pages/coping-with-exam-stress.aspx>

<https://www.childline.org.uk/Explore/SchoolCollege/Pages/exam-stress.aspx>



DEALING WITH EXAM STRESS



If stress affects you, try to find ways to maintain a positive attitude and cultivate a positive approach during your revision.



KEEP FIT

by taking some exercise you enjoy



RELAX

perhaps by sitting quietly or meditating



EAT WELL

but healthily



PLANNED TIME AWAY

take some planned time away from study, rather than avoiding revision

THINGS THAT CAN HELP



RECOGNISE ACHIEVEMENTS

be pleased with your achievements as you revise



SLEEP

get sufficient sleep



REWARD YOURSELF

reward yourself with an occasional treat

