

# Coping with Exams and Exam Anxiety

Being stressed about your exams is common—you are not alone! Almost everyone gets somewhat anxious at exam time.

## What NOT to do:

- Keep irregular hours.
- Pull all-nighters.
- Eat irregularly.
- Rely on ineffective learning strategies.

## What TO do:

- Stay on a regular schedule of revising, eating, sleeping and relaxing.
- Don't attempt to study 24 hours a day!
- If you are only able to concentrate for 20 minutes...do 20 minutes and then take a break. **REMEMBER** — short and regular study periods are more productive than lengthy single sessions.
- Eat a well balanced diet and drink lots of fluids; go easy on the caffeine!
- Adopt some relaxation techniques such as mindful breathing or deep muscle relaxation.
- Remember the Study Skill Workshop: 11.55am-12.55pm.
  - | Monday: Rotherfield SLC
  - | Tuesday: Rotherfield SLC
  - | Thursday: Deanfield D574 (in SLC)
  - | Friday: Deanfield D574 (in SLC)
- Please visit the Student Services area of LearnZone, speak to your Personal Tutor or College Nurse if you need further support and advice.

