

EXAM STRESS:

Strategies to Cope & Study Skills

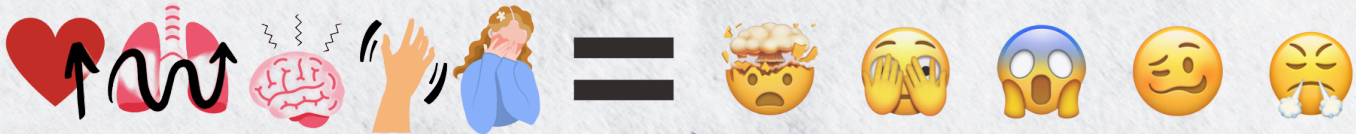


Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives.

When stressed, adrenaline is pumped into your bloodstream.

Adrenaline can feel like:

- Fast breathing
- Heightened senses
- Increased pulse and blood pressure
- Increased alertness
- Extra energy



Stress is useful when it:

- keeps us safe
- keeps us motivated
(Ex. to study for exams)
- helps with difficult tasks
- helps us compete



Stress is harmful when it:

- affects sleeping & eating
- causes feelings of being overwhelmed, anxious & irritable
- causes weird behaviour



Tools to help keep Exam Stress under control:

- Deep breathing exercises
- Practice Mindfulness
- Utilize creative outlets
- Spend time in nature
- Exercise
- Listen to music
- Talk to someone
- Spend time with pets
- Sleep
- Laugh
- Fidget

Reach out to family, friends, teachers, or other trusted adults if you are feeling overwhelmed.

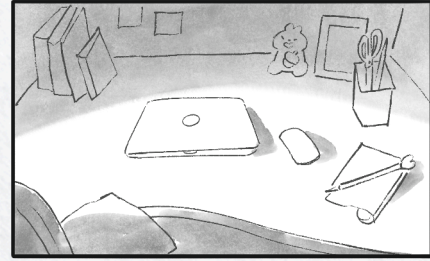
There are many resources available.



STUDY TIPS

Practice Good Study Hygiene:

- Stick to a set schedule
- Have 1 or 2 dedicated locations for schoolwork, use them all the time (separate in "free time" areas)
- Don't study on your bed, be at a desk or table
- Minimize distractions
 - put cell phones in a different room
 - reduce background noise
- Keep comfortable, hydrated and fed



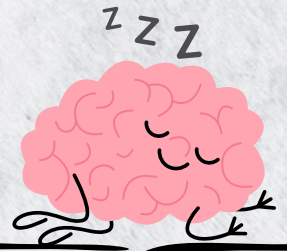
When to study: Make a plan! Break it down so it's not a huge, open ended, daunting task. For example:

- 2 hours of studying:
 - 4 days
 - 30 mins each day
 - Choose 3 strategies you're going to use.
 - Do each one for TEN minutes

Distributed
practice is
more effective
than mass
practice.

The Importance of SLEEP:

- Sleep is critical for learning: it is glue for remembering. Helps with the retention of information by moving information from short term memory to long term.
- Sleep helps us maintain the pathways in our brains that let us learn, concentrate, and respond quickly.
- Need good sleep after studying for exam!
- Need good night sleep before exam.
- Do NOT sacrifice sleep to study!



How to manage stress DURING an exam:

- Fidget - releases restless energy and helps to sharpen your focus and attention.
- Take deep breaths - slows down the stress response allowing you think and recall information easier.
- Tense & Release - relieves tension.
- Gum/Candy - relaxes the nervous system.



STUDY STRATEGIES

Active Recall: testing yourself on the material you've learned rather than just re-reading.

*Flashcards

*Practice Questions

*Quizzes



Elaboration: involves expanding upon the information you've learned by making connections to other knowledge, asking questions, and explaining concepts in your own words.



Rewrite or Rephrase: the material in your own words: It can be easy to get lost in a textbook and look back over a page, only to realize you don't remember what you just read.



Make a bulleted list: of the pertinent information without looking back down at the textbook, jot down the essentials of the material you just read. Then look over the book to make sure you haven't left out any necessary information.



Visual aids: using diagrams, mind maps, formula sheets, and graphs can help you better understand and remember complex information. These visual aids can help you organize information in a way that makes sense to you and identify key connections between different pieces of information.



Teaching Others: find someone willing to listen and learn, teaching them what you know can be an effective way to give your studies a boost. By explaining concepts to others, you'll be able to identify areas where you need to focus your attention and reinforce your own understanding of the material.



EXAM PREP

Write in the boxes 3 study habits you want to add IN, or continue to do during your exam preparation and studying



Write in the boxes 3 things that aren't helpful, that you want to avoid while studying.

Think about an upcoming exam or assignment you have due. Below fill out how you might distribute your studying time.

M T W T F S S