



Dealing With Exam Stress

The exam period is a stressful time for all of us, some more than others; and with the sixth form study leave for AS and A2 exams coming up in May, with all the deadlines these courses entail, tensions are certainly high. If your stress levels rise too high then it can damage your chances of success, even more so than not preparing enough.

As ever, it is true that practice makes perfect, and a prepared mind is a calm mind. I am of course talking about revision.

Here are some top tips:

Keep organised

Make sure that you devote equal amounts of time to each and every subject, before giving extra time to the subjects which you have trouble with.

Make a revision time table

I know your teachers and/or tutors have probably told you this a hundred times over, but it's important for keeping organised.



Try to start revision in plenty of time

The more time you spend revising, the better prepared you will feel by the time you reach the exams.

Stick to your schedule

When you start to revise make sure there are no distractions around as this will only compel you to slack off.

Don't let revision take over your entire life

This could simply serve to worsen your state of mind.

Take regular breaks from revision

Use this time to do what you love; go out with your mates, see a movie, play sports or play games. Be careful though... while making sure you don't overwork, don't let the breaks turn into entire days off!

Going into an exam, remain confident;

provided you have revised, there should be nothing to worry about.

While some people can excel under pressure, most of us will feel suffocated by it. However, controlling stress can bring out the peak performance in all of us; just remember that you can only do your best and be content when you've given it your best shot.

Finally, remember that all work and no play makes Jack a dull boy...

Alex Stone