

how to reduce stress & prepare for exams



Take the time to plan

Prepare a study plan and goals for each day / week. Make sure it's balanced with other important things in your life – that way it will be easier to stick to.

Talk to your employers early to let them know you need to limit your shifts / hours while studying.

Create a study space that is comfortable, quiet, well lit, organised, and has no distractions nearby, such as a TV, phone, people talking, etc.

Make sure you have everything you need for each study session as this helps to feel more confident and organised.

Look after yourself

Self care is especially important when you have a big demand in your life – that way you have the energy to commit to what you need to accomplish.

Build activities you enjoy and that bring your stress levels down into your study plan, such as sport, spending time with friends, internet, etc.

Don't get hungry before or while studying. Grab nutritional snacks that keep you going, such as fruit/nuts/dairy, etc.

Remember to get some exercise every day as this helps you to keep focused and energetic.

Stay focused

Say "no" to parties during the weeks close to the exams. This will help to keep you refreshed and energised.

When studying, switch your phone and email off to stop the distractions.

Try to keep a focus on your health and wellbeing by not using things like drugs or alcohol; they can make it much harder to study.

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Ask for help:

Stay at school until your last day so you don't miss any important info about exams, or fun events with your colleagues.

Practice writing essays and show your teachers for feedback for improvement.

Ask teachers the best way to study for each subject; they have many years experience they can share with you.

Some teachers are happy to be contacted during the time leading up to the exams. Find out which ones you can contact and make use of this if you need to.

If you have trouble approaching your own teacher for advice, talk to one of the other ones who teach the same subject.

Group study sessions with classmates can be a helpful and entertaining way of studying, but keep your focus on what you want to achieve with these sessions.

Talk about what you are studying with family members and friends as this helps to retain the info more, especially names and dates, etc.

Be prepared

Read/write everything three times as this also helps to commit the info to memory.

Use your trial exam results to focus in on what you need study.

Use previous exam papers to get a feel for what to expect.

Ask friends what they are doing that is helping with their study or friends who did it last year.

You need to study within 24 hours of the exam on that subject to retain more info.

Write things in coloured texta that you have trouble remembering (such as names and dates) and blu-tak to your toilet wall/door. Sounds funny, but it really works!

On the day of exams....



Do your usual routine, for example, have what you normally eat for breakfast.

Take some water and a healthy snack (if allowed) to the exam.

And finally...

If the stress is getting to you it will prevent you from studying effectively and confidently - so ask for help from Wellbeing, GP, Psychologists and some of the support agencies listed below



Headspace

Support for 12-25 year olds with mental health, physical health (including sexual health), alcohol and other drugs, and work and study support. Headspace is a free and confidential service for young people.



Free online and telephone support and counselling to young people 12-25

Phone 1800 650 890 available 9am-1am 7 days a week

Online chat 9am-1am 7 days a week

<https://headspace.org.au/eheadspace/connect-with-a-clinician/>



Phone 1300 22 4636 available 24/7

Online chat 3pm-12am 7 days a week

*Link has further info about how to access support from Beyond Blue
<https://www.beyondblue.org.au/get-support/get-immediate-support>*



Available 24/7

Phone 1800 55 1800

Email: counsellor@kidshelpline.com.au

Online chat available 24/7 <https://kidshelpline.com.au/get-help/webchat-counselling>

Website: <https://kidshelpline.com.au/>

NIGHT BEFORE

EXAM SLAYING CHECKLIST

On THE DAY

