



## MINIMISE EXAM STRESS

Exam preparation starts from day one...it involves getting organised, looking after yourself and actively participating in all learning activities including getting help when needed.

Steps to take	What to do .....
Leading up to the exams	<ul style="list-style-type: none"><li>• Proper nutrition, adequate rest and regular exercise are well known stress busters.</li><li>• Participate in a range of self-care strategies to reduce stress (deep breathing, regular exercise, walking the dog, meditation).</li><li>• Stay healthy – exercise, eat well, catch up with friends for a coffee or a walk.</li><li>• Have a plan to be prepared. Write a plan for the next 4 weeks, and then weekly plan for each week setting yourself specific study goals.</li><li>• Study! Be active – read, write and recite.</li><li>• Connect with a study group.</li><li>• Study!! Be active – read, write and recite.</li><li>• Get appropriate amount of sleep</li><li>• Study!!! Be active – read, write and recite.</li></ul>
Night before	<ul style="list-style-type: none"><li>• Prepare your materials for exam day; student card, pens, pencils, eraser, calculator, watch, clear water bottle.</li><li>• Check that you <i>know</i> exactly where the exam room is located.</li><li>• Study until dinner time, eat a nutritious dinner, avoid alcohol and get a good sleep.</li></ul>
On the day	<ul style="list-style-type: none"><li>• Wake up early – resist trying to learn anything new.</li><li>• Eat a healthy breakfast – high in carbohydrate (low GI) and limit your caffeine intake.</li><li>• Get active – mild exercise will help calm your nerves and energise your brain.</li><li>• Dress comfortably – light layers or bring a jumper in case the air-conditioning is cold.</li><li>• Arrive early to avoid parking room problems (at least 20 mins beforehand).</li><li>• Quash last-minute jitters - remind yourself that a minor case of nerves will help keep you stay alert and focused on the task at hand.</li><li>• Stand apart from those who are nervous, this is about your individual performance.</li><li>• Use visualisation and positive self-talk "<i>I have studied well; I am prepared</i>".</li><li>• Practise controlled breathing (deep slow breaths or yoga breath).</li><li>• Avoid frantic last minute revision; let the exam question prompt you. If you have prepared well you will visualize the answer to questions from your study notes or concept maps. This will make information easier to recall.</li></ul>
In the exam	<ul style="list-style-type: none"><li>• Take control of your stress and make it work for you!</li><li>• Be smart about where you sit – a place where you will not be distracted.</li><li>• During perusal time – stay calm and read slowly. Note main ideas and formulae needed.</li><li>• Use perusal time wisely – allocate time for each question and stick to it...look at the marks and divide the time accordingly and check the marks allocated (3 marks for a short answer question requires at least 3 clear points to be made, some may require 6 points).</li><li>• Answer the questions you know first. This sets you in good stead for the remainder.</li><li>• Answer all questions. Don't leave any question unanswered – write <i>something!</i></li></ul>

**Useful strategies:**

- Avoid 'panic talk' with other students
- Make a time management plan and stick to it
- Watch the clock
- Start with the easy ones
- Don't leave the exam early

**Useful links:**

**Exam adjustments:** <https://www.jcu.edu.au/accessibility-services/facilities-and-services/alternative-assessment-and-exam-adjustments>

**Managing Exam Stress:** <https://www.jcu.edu.au/counselling/managing-your-studies/managing-exam-stress>

**Meditation Sessions:** <https://www.jcu.edu.au/jcu-multifaith-chaplaincy-centre/meditation-sessions>

**Other Links:**

**Beating Exam Stress:** <http://au.reachout.com/Beating-exam-stress>

**Exam Survival:** <http://www.headspace.org.au/is-it-just-me/find-information/exam-survival>

**Stress Management tips for tertiary students:**

[http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Tertiary\\_studies\\_managing\\_stress](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Tertiary_studies_managing_stress)  
<https://student.unsw.edu.au/surviving-exams>



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