



**KEEP
CALM
AND
STUDY
FOR EXAMS**

TEST ANXIETY & STRESS MANAGEMENT

As the semester comes to a close and finals week approaches, keep calm with these simple tips.

Organize yourself.

Write everything down in one place and make a schedule for yourself. By sticking to your schedule (or completing/studying ahead of time!), you can stay stress free and still have time to do things not related to school work.

Stay healthy.

Stay sharp by taking care of your body and your mind. Exercising regularly, making good food choices, and getting enough sleep will help you retain information and do well on your exams and assignments.

What is stress?
*Stress can be defined as
the response to a
demand that is placed
upon you.*

Take a break.

If you do not allow yourself a break from studying, you will not stay highly focused, and you will wind up being more stressed. Taking breaks allows you to regroup, gain energy, and refocus when you revisit your work.

Ask for help.

Sometimes stress can be caused from uncertainty. Although the professor won't give you the exact exam ahead of time, don't hesitate to ask questions about the material or layout of the exam. This will help you prepare your study materials and show your professor your commitment. Also reach out to other students to form study groups and review information.

Keep calm.

Meditation is a great way to take your mind elsewhere and regroup your thoughts. Listening to calming music will also keep you more relaxed and less anxious.