



how to reduce stress and prepare for exams

Ask for help

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

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 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.

For more helpful tips head to our website.



Connect: headspace.org.au



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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.

If the stress is getting to you it will prevent you from studying effectively and confidently - so ask for help from headspace, a counsellor, professional or helpline.

Feeling overwhelmed?

Learn more about stress and what to do about it, check out more helpful hints and our digital tools on our website.



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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 to 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 the exam;
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.

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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, watching TV 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.

If the stress is getting to you it will prevent you from studying effectively and confidently - so ask for help from a teacher, headspace, a counsellor, health professional or helpline.

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self care plan



Even though you can practice self-care at any time, it is most effective when you schedule it and make it a part of your daily routine.

Stick your self-care plan on a wall close to your study desk (or somewhere you will regularly see it) to remind you to take a break when you need it.

Finally, make sure you regularly review your self-care plan to update it with your favourite activities.

Family and friends I can contact for support:

- 1.
- 2.
- 3.

I can care for my physical health by:

- *
- *
- *

I'll look after my relationships by:

- *
- *
- *

What barriers could prevent me from maintaining my self care strategies?:

How will I address these barriers and remind myself to practice self care?:



Professionals I can contact for support:

1. [headspace.org.au/eheadspace](https://www.headspace.org.au/eheadspace) or 1800 650 890
- 2.
- 3.

I can care for my mental health by:

- *
- *
- *

Activities that help me when I'm stressed:

- *
- *
- *