

Worrying about exams is normal. You need some level of worry or stress to motivate you to study and to strive for your aspirations and goals. However, too much stress can limit your motivation and stop you from performing at your best, or at all!

It is important to be aware of your personal stress response, your triggers and warning signs, and have strategies to manage your stress. This is particularly important in the lead up to and during exams.

Having a “toolkit” of coping strategies pre-planned and ready to use is a great idea. Your toolkit may include a range of mental or physical activities that work for you in reducing your stress response. Be aware of your stress triggers, notice and monitor your stress response, and implement strategies

Signs that you are not managing your worry and stress may include:

x Memory problems

x Inability to concentrate

x Persistent negative thoughts

x Focus on your values and goals

and goals. What’s important to you? What are you good at? What do you want to achieve? Remind yourself of your values and goals regularly!

Exam Tip 10 – Energise. What sights, sounds, tastes, smells, and movements give you energy and help you concentrate? Have a sensory plan for study and create associations that may be useful during exams.

Exam Tip 11 – Relax. What sights, sounds, tastes, smells, and movements help you relax? Try relaxation and breathing techniques. Practice these before and after study sessions, and use them during exams.

Exam Tip 12 – Be kind to yourself. Encourage yourself, don't criticise yourself. Treat yourself the