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WAYS TO BEAT EXAM STRESS

Dear Students,

The topic for this month is 'Beating Exam Stress'.

Winter semester is always a stressful time in college. The pressure of a busy study schedule, studying in a language previously alien to you, worrying about the weight of your dreams and those of your parents riding on your back, wondering where to complete your summer internships, placement prospects or facing the fears of tackling a particular subject.

It is natural to be anxious and apprehensive during exams, as a little bit of stress actually helps you to stay focused and motivated. But the key is not to let that stress get to you.

Here are some simple tips to use that stress to your advantage during this season:



REMEMBER TO TAKE BREAKS

Find the right balance between your studies and your breaks.

If you get distracted easily and find you cannot concentrate for a longer duration, take regular breaks. Exercise releases endorphins that improve your mood and reduces stress. Even 15 minutes of silent meditation releases stress.



STUDY AT THE RIGHT TIME

Find out your most productive hours of the day and study during those hours.

There is no point in studying for 24 hours as you will not be able to recollect anything that you would have studied.



EAT AND DRINK

Stay hydrated. Water hydrates the brain, improving concentration by delivering nutrients and eliminating toxins. Limit caffeine, tea or any other beverage – these may give you a short lift but will cause you to feel tired and cranky soon after.

Eat small and eat often. Large meals use oxygen to aid digestion, denying your brain oxygen needed to stay alert

GET SUFFICIENT SLEEP

Get those hours in. Allow yourself sufficient sleep time of 7 to 8 hours.

Sleep deprivation (< 5 hours/night) is negatively related to GPA. On average, those who pull all-nighters have a lower GPA.



GET A LITTLE HELP FROM FRIENDS

When the pressure feels overwhelming, talk to your friends about what you are going through. You might find they are feeling exactly the same way and, as they say, a problem shared is a problem halved!

If studying alone is turning you into a ball of stress, find a friend to be your study buddy or join a study group. Working with others in close proximity should boost your mood and make you focus on the task at hand, and you'll be less likely to get distracted by social media, daydreaming or worrying about upcoming exams and deadlines.



Do not fall apart. Exams are there for only a limited period of time. Your struggles today will go on to create fond memories to look back on later. You are close to the finishing line.

Best of luck to you.

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