Managing Exam Stress

Exams can be stressful, but with the right approach, you can stay calm and focused.

1. Plan your study schedule early. Break topics into manageable chunks.

2. Take regular breaks and avoid late-night cramming.

3. Practice deep breathing and short walks to reduce anxiety.

4. Sleep well — rest improves memory and concentration.

5. Don't compare yourself to others. Focus on your own progress.

Remember: Exams are just one part of your learning journey. Believe in yourself!