

Exam Preparation

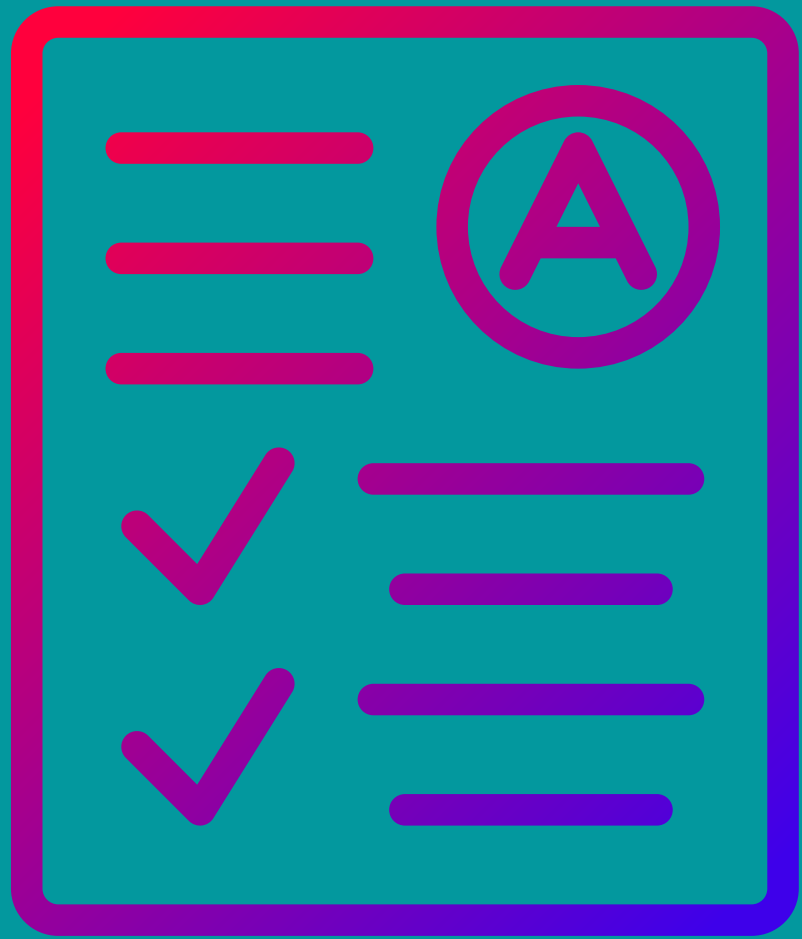
Student Counselling Unit

Mental Health Awareness Series: November 2021



Managing exam stress

- Maintain a positive mindset: Your thoughts influence how you feel and behave. Notice any negative, worrisome, critical thoughts and replace them with realistic, constructive thoughts .
- Try relaxation techniques such as a deep breathing exercise.
- Ensure that you have enough time for preparation.
- Communicate with family/friends about your study time table and exam dates. Communicate that it will be a busy time and request their support. (e.g less chores, moral support, quieter home environment etc).
- Notice and acknowledge your emotions. Find healthy ways of expressing your emotions. (e.g talking about what is bothering you with a close friend or family member, journaling, listening to music, being in nature, physical exercise, etc).



Study tips

- Set up a study time table.
- Organise your study area.
- Join a study group
- Formulate study session goals.
- Study the theory/ content, do practice examples and go through past exam papers.
- Ask for help if you don't understand. Consult the tutor, lecturer or ask a classmate.
- Take regular breaks between study sessions.

Physical well-being

- Exercise
- Eat a balanced diet
- Get enough sleep
- Drink plenty of water
- Make time for rest and relaxation

For support:

For academic support consult with your Faculty Student Advisor:
<https://www.up.ac.za/teaching-and-learning/article/2494904/faculty->



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