**18.1 EXAM STRESS AND MANAGEMENT**

Exam stress is a feeling of pressure that many young people feel coming up to exam time.

* It usually occurs during exam time. It occurs during the revision period before exams and immediately before exams.
* Stress can be defined as an individual’s response to pressure.
* A small amount of pressure can be usual to keep the student focused during the exam time.
* However, for some students, when they experience too much pressure for a long period of time, it becomes stressful and exam preparation and study seems impossible.
* Why do people experience exam stress?
* A large amount of learning and recalling is pending,
* About the uncertainty of exam papers,
* Expectations from the family, teachers or need to gain higher results for admission in a particular course or career.

**Managing exam stress**

* If the student is experiencing the exam stress, it’s important for him to try to remind him that it is a small part of his life (even though it might not feel like it at the time), it won’t last forever.

**Study ideas**

* It is never too late to set up good study and revision habits.
* Have an uncluttered space to work with ready access to any material in need.
* Find out exactly what the exam involves, are there past exam papers that can be looked for help and understand what to expect?
* Teacher may be consulted for the pattern of exam.
* Learn to make ‘mind maps’. Use them to collect ideas and summaries thoughts, and use bright colors to remember important links.
* A clear plan is required to be made to cover the study material in each study period.
* Taking a regular short break of about 5 minutes to have a cup of tea or something to eat.
* It may be useful to ask for help for oral presentation.
* Stick to the routine of going to bed at a reasonable time, eating regularly and still making time to have fun and exercise.
* Cut back on coffee or any other stimulant. Drink lots of water instead.
* Fresh fruits, veggies, cereals, grains, nuts and protein are all good for the brain and blood sugar levels.
* Taking of soft-drinks is not recommended.
* Watching a small TV show may be the reward of completing a task of exam preparation finished in time.