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Emotional tension, cramming, and sleepless nights are among the most common problems students face during the exam period. Students of ours university are no exception. What can we do, then, to help make the exam period less stressful for them?

To begin with, it would be a good idea to make it clear for students that there is more to life than exam success. The result would be less fear in their eyes and pressure on them and therefore less stress.

Secondly, steps should be taken to solve the problem of memorizing. The situation could be improved if tutors made consultations on prepared questions from students before exams. If this happened, the count of sleepless nights and time spent on cramming should decrease.

There are many ways to make the exam period less stressful. Adopting these measures would definitely result in better conditions for students. Nevertheless, it should be obvious, that these solutions would help students only if they have studied during the semester and have started preparing for exams beforehand.