

## Coping with Exams

Exams can be a worrying and stressful time but it is natural to feel worried at this time as you have probably worked long and hard to get to this point. You may be feeling pressure from people at home and at school for you to do well and sometimes it may just feel as if it is all too much. The counsellors are available for anyone who feels they would like to talk to someone about the pressure they are under.

Some common symptoms of exam stress are:

Butterflies in the stomach  
Tension headaches  
Upset stomach  
Tense muscles, especially in the shoulders

These are all normal. They are all ways of your body telling you that it is producing adrenaline, which is how the body copes with a crisis.

Some exam guidelines you may find helpful:



Try to get a good night's sleep the night before an exam – don't try to cram in revision at 3.00am



Do try to take some form of exercise to help relieve some of the tension



Take deep steady breaths before you go into the exam to help keep you calm.



Take your time in the exam to read the questions thoroughly – if it helps, underline the words in the question you feel are important. If you can't do something, move on and go back to it later.



Allow yourself time towards the end of the exam to check and correct mistakes.

We wish you the best of luck in your exams.

School Counsellors