

Don't panic...Exams

For many students, exams will be the most pressurised time of the year. Exam stress, in small doses, has its uses. How else could you be motivated enough to read through 100 pages of Essential Haematology or make revision cards on Comparative Constitutional Law?

Sometimes this essential mild exam stress can grow from "Have I done enough revision?" to "I'm not going to pass" - This can stop you from performing at your best and can have a negative impact on mental wellbeing.

During exam season it's very important to keep an eye on the key signs that could suggest your healthy exam stress has gone sour.

Signs to lookout for:

- ▶ Difficulty getting to sleep or difficulty waking up in the morning
- ▶ Lethargy
- ▶ Poor memory
- ▶ Loss of interest in activities / appetite
- ▶ Increased anxiety and irritable moods
- ▶ Increased heart rate
- ▶ Migraines / Headaches
- ▶ Blurred vision
- ▶ Mysterious aches and pains
- ▶ Dizziness

If you have been experiencing three or more of the above symptoms over a period of a month then perhaps it's worth looking into some self help techniques or perhaps even chat to a Carecall counsellor.

Top Tips for Surviving Exam Season:

Be organised – Find out what you are being examined on, what areas you need to catch-up on or relook at, and speak to your tutor about the resources that are available to you.

The Learning Development Service provide academic skills support and can help you improve your exam technique, time management or other important skills, look online for resources and workshops - [Click Here](#)

Revise whichever way works best for you – Don't compare your progress with your friends as everyone works in a different way. Some people are comfortable revising alone in the library, others prefer to study at home and some work better in revision groups. Choose the option that works best for you and then plan a realistic timetable to keep you on track.

Talk about exam worries – Running over your concerns with a friend, family member or lecturer will help you get things into perspective. Student counsellors are also available to you to discuss issues such as exams. Most importantly, do not carry out post mortem discussions on each exam you complete. What's done is done!

Eat smartly and Exercise – Coffee and crisps does not make for a healthy exam season diet. Fresh fruit, vegetables and set meals will give you more energy and help greatly with your memory capabilities.

Light exercise will help clear your mind, Queen's Sport can help you out with that - [Click Here](#)

Sleep – Reward your mind every night with at least 8hrs of uninterrupted sleep, it'll thank you for it. The most important thing to remember is that there is life after exams! Your University wants you to succeed and will help you out at every stage.