

June 2015

Exam Stress?

Stress is a normal part of life. Some situations, like exams, are more stressful than others. It's what you do about it that makes a difference to your well-being. Help your children reduce their Exam Stress by practicing these tips:

Time and space - planning helps

Create a schedule. Putting everything you need to do on paper helps you be realistic about your time. Allow yourself time to review the material and schedule relaxation time.

When are you at your best? Know the time of the day that you study best and plan to tackle your most difficult subjects during that time.

How do you learn? Do you remember things best when you hear them? Read about them? Visualize them? When you study, use the method that works best for you.

Prepare for the exam: Ask your teacher for tips on preparing for the exam; perhaps write a practice exam. Need extra help? Ask the teacher or a friend to tutor you.

Your study space matters: When you study are you distracted by email, television, video games or the phone? Create a separate study space away from distractions...and use it!

Reward yourself: After a solid study session, reward yourself with some down-time. You earned it!

Exam day

Get a good night's sleep. Cramming all night is not the best way to study. You'll do much better if you are not nodding off during the exam.

Don't rush and bring what you need. Give yourself plenty of time to get ready and be at the exam on time. Take your favourite pens/pencils and anything else you need. It adds to that feeling of being prepared!

Remember to eat and drink water. Have something nutritious to give you energy and help you focus on the exam.

You remember more than you think you do! If you can't remember the answer – take a deep breath, relax and move on. You can come back to this question.

Slow down. Scan the exam briefly so you know how to use your time. Pace yourself and allow more time for questions worth more marks.

Celebrate! Once you have written your exam, don't fret about what you may have done wrong. Reward yourself by hanging out with friends or participating in your favourite activity.



Healthy habits

Garbage in – Garbage out...so eat healthy foods and drink plenty of water.

Caffeine Buzz: While caffeine in coffee or cola can give a boost in the short term, too much can negatively affect your sleep and cause you to feel anxious. It may also affect your ability to focus.

Exercise: Physical activity, even in small amounts, helps get rid of stress. Ten or 20 minutes of being active can clear your head and help you study...and exercise has the added benefit of helping you get a restful sleep.

Catch enough ZZZZZs. Your body needs its rest, especially when you are stressed, so try to get enough sleep.

Take breaks. For every 50 minutes you study, spend 10 minutes moving around. Stretch or go for a walk.

Don't forget...you have a life outside of school. Studying is important but so is the rest of your life. Don't cancel other activities that are important to your well-being. You need some down-time, so go to soccer practice or watch your favourite TV show. Then get back to the books.

For more information or for available programs and services in your area contact:

Mental Health Help Line 1-877-303-2642

Addiction Help Line 1-866-332-2322

HEALTHLINK Alberta 1-866-408-5465

www.albertahealthservices.ca