

Stressed about exams?

Some practical tips

Counselling and Personal Support

Before the exam(s)

- Plan your revision and work with your lecturer and personal tutor. Be SMART.
- Don't waste time sitting in front of books, pretending to revise. Just one or two hours effective study is worth five staring out of the window.
- Give yourself breaks. Plan something enjoyable into every revision day. Have some fun – a happy mind thinks better than a fed up one.
- Try to enjoy your revision. Being interested helps enormously.
- Have an early night before the exam. A rested mind thinks better than a tired one.
- Don't lie in bed panicking. Get up and read a magazine, watch TV or listen to the radio.
- Don't panic about panicking. Remember your lecturers all

want you to pass, it saves them further marking! Exams are there to help show what you have absorbed and how well you are progressing.

- Don't drink tea, coffee or alcohol late at night, it will stop you sleeping.
- Don't cram up to the last minute. You are more likely to forget things you've learned in a hurry.
- Eat well before an exam and don't drink too much fluid (but you need to be hydrated) as you may need the loo!
- Know how long your exam is, what form it takes, where it is and what time it starts.
- Familiarise yourself with DMU exam regulations.

In the exam

- Make yourself as comfortable as possible. Take deep breaths and relax.
- Jot down your time plan.
- Read through the questions and pick the ones you think you can do. If you blank out don't worry, try to calm yourself down.
- Do the questions you find easiest first to give you confidence.
- Be sure to answer the question asked not everything you know about the subject.
- Allow your mind time to think.

Help available

Remember exam anxiety can be helped.

Information Packs

The Counselling and Personal Support team in Student Services has a website with some handy tips: www.dmu.ac.uk/counselling

You will find details of a Natural Relaxation Package and the CALMyou program to help manage anxiety and stress.

Contact us

You can email:
counselling@dmu.ac.uk

Telephone: (0116) 257 7602.

We're in the Student Services Centre, Gateway House on the first floor

