

Cope with stress in the lead-up to exams!

I am sure you will agree that preparing many university projects is really stressful. You sometimes have not much time to do some leisure activities – I called it, we were just sitting by our computers. The worst thing is when you are so stressed, that you are making errors, so than you are studying very ineffectively. Therefore the question “How to cope with stress?” is really crucial. Now, read through some suggestions, how to manage it!

If you have many things to do, do not just try to work, work, work... Wait a minute and take some notes. What should I do now? What will be better to do tomorrow? What could I omit? Than you will have schedule on the paper and you need not to hold it in your head, so you will be not so stressed with questions e.g.: “What do I forget?” etc.

When you are overwhelmed with many tasks, it is encouraged to speak about your situation to other people. Maybe they could not help you, but you will not be so frustrated, when you make a clean breast of your problems.

In some cases, even if you are in the lead-up to exams, the most time consuming is, when you do not understand what you are studying and you are just trying to memorize it. The best you could do is to ask a teacher for an advice, e.g. by e-mail.

In my opinion, the best way is: “Try to do all the work as soon as possible.” Than there is a real chance that your homework will not accumulate.