

TOP 10 EXAM STRESS TIPS

Tips for hitting the exam with a clear mind and energy to burn.

STUDY SMART - 2

You can't study all day. Your brain likes **short study sessions** (20-40 mins) with **regular breaks** (5-10 minutes). Plan your study into small chunks that gradually move you towards being prepared by exam day.

RELEASE STRESS - 4

Stress builds up and stays in your body, so you need to release it regularly. **Exercise**, try a **meditation** app, take a **walk in nature** or drop into the **RMIT Calm Zone**

KEEP PERSPECTIVE - 6

This exam **doesn't define you or determine your future career success**. Even if you don't do as well as you'd like, there are always other ways forward. Don't let your worries snowball into a catastrophe that hasn't happened yet.

BREATHE - 8

When we get stressed and anxious, our breathing becomes short and shallow which actually makes us feel more stressed and anxious. In the exam, **practice slow and deep breathing** to stay calm.

SEEK SUPPORT - 10

If your stress and anxiety is overwhelming your ability to study and take exams, contact the **RMIT Counselling Service**.

1 - TREAT YOURSELF WELL

Don't drop the healthy lifestyle when you ramp up the study. All the stuff you know you should be doing - **eating well, getting sleep, exercising, taking rest breaks, not drinking too much** - will help you stay focused and keep your energy levels up.

3 - DON'T FEAR STRESS

Stress is a normal part of exams, and can help you perform. But if your stress is too high, take action to dial it down. **Focus on what you can control**, like your study schedule or asking your teacher questions when you're confused. **Breaking big things down into small tasks** will help you feel less overwhelmed.

5 - TALK YOURSELF UP

It's not the exams – but what you're telling yourself about the exams and your ability to cope with them that matters. **Keep your self-talk positive**. Remember you are able to overcome challenges.

7 - STAY CONNECTED

When you're in study mode, it's tempting to withdraw to allow more time to study. But **you need your people to stay grounded**. If you're feeling really stressed or anxious, don't keep it to yourself.

9 - AVOID OVERANALYSING

After the exam, **don't go looking for negatives**. Focus on what went well. Allow recovery time between exams to give yourself a fresh start for the next one.