

Exam Stress and how to cope up

If you were to conduct a poll among students and ask them to come up with one word they associate with exams the term stress will invariably top the list. However, though it is normal to be slightly anxious during your exam it is crucial for you to maintain your calm in order to perform well. Succumbing to pressure:

One of the primary reasons for stress among students is pressure. Around 80 per cent of the stress students undergo is due to peer pressure. Students blindly follow their friends and often compare themselves to their peers without understanding their own niche. They often feel that if they fail to perform well in the exams they will lag behind. This cause great emotional stress.

Another key reason for the anxiety prior to exams is parental pressure. Parents often have unrealistic expectations from children and resort to nagging or even blackmailing in order to motivate their kids to perform better.

Parents along with educational institutions are the key factors that determine the kind of stress a student goes through. Every child is different and both parents and colleagues. Schools should take cognisance of the fact and encourage the positive traits in a child.

My parents are extremely supportive and encourage me to take constants breaks and relax. Their friendly nature and consistent support help me concentrate on my studies.

Parents should be able to draw a line when it comes to their approach. They should not burden their child with their expectations, yet be firm enough to ensure that discipline and focus is maintained. Forcing the child to study doesn't really help. In fact when we studies for long hours, We make sure to takes a break, relaxes and then gets back to studying. We also make sure eats wholesome food on time. This helps us to concentrate better. Parents should also let their child know that they love him / her, respectively of their performance in the exams.

Extra-curricular activities break monotonous time tables and rejuvenate the student's mind. Academics do play an important role. However, encouraging extra-curricular activities can act as real stress buster. What should students' do?

I prefer studying one subject at time. Constantly switching from one subject to another especially before exam causes immense stress. Timely breaks help me concentrate better. The best stress buster for me is listening to music and solving practice problems. Exams are a part and parcel of life and students need to accept that. Last minute cramming certainly does not help. Students should reconcile with their weaknesses and focus on their strengths instead.

Prioritizing properly is the key mantra. With the Cricket World Cup lurking round the corner, students will be in a quandary and be tempted to watch some of them. The students should maintain a time table and solve as many questions papers as possible. Doing so will help you get the actual feel of the paper before D-day.

Additionally focusing on exam-orientation tactics like identifying your strengths how to approach a question. Choosing the sections, to solve first along with other relevant things to excel in the exams are crucial.

Students should also talk to friends who help in easing their pressure. Friends who infuse worries are negative thoughts should be avoided. It is also important to eat healthy foods during this periods.

So guys, it's nothing but an exam at the end of the day being positive and doing the little things right will definitely see you passing with flying colours.

ALL THE BEST