

# How to Cope with Exam Stress



Exams are just around the corner, we know you are feeling the tense and stress. Below are a few techniques that you can use to cope with exam stress for your information.

## 1. Organise

- Priorities your time and task. It is never too late to start.
- Plan your schedule on which task has to be done.

## 2. Relax

- Continue to do your regular exercise. i.e. jogging, swimming, brisk walking, etc.
- Deep breathing exercise.
- Listen to your favorite song or radio station, etc.

## 3. Sleep & Eat Well

- Do not skip your meals. You will lose your concentration and this may lead to other health problems.
- Ample rest is important thus you are fresh the next day especially your exam day.

## 4. Communication

- Do seek for your help if you encounter any difficulties or problems. This is NOT a sign of weakness.
- You can approach your friends, peers, family, Professors, etc. to share your concern/worries. This may make you feel better.
- If you do not wish to speak to your friends, family, etc, there is a list of helplines that you can call within and outside NTU. [Click on this webpage](#) (can be found in NTU EEE Website)