

WAYS TO COPE WITH STRESS

- Take a deep breath.
- Learn to plan and manage time.
- Get regular physical exercise.
- Get adequate sleep.
- Eat healthily.
- Focus on the process.
- Manage your expectations.



For more details, refer to the SCC website on <http://www.ntu.edu.sg/scc/selfhelpresources/Pages/stress.aspx>

More self-help resources can be found on our website.

grab **A LITTLE** resource
give **A LITTLE** push
you can **reach FOR MORE**

NTU Student Wellbeing Centre

Tel: 6790-4462

Email: studentwellbeing@ntu.edu.sg

Website: www.ntu.edu.sg/studentwellbeing

A little for more

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University Exam Preparation

2 important points to note:

- i. Avoid cramming during the examination period;
- ii. Take good care of your physical and mental health.

A. PLANNING AND TIME MANAGEMENT

Lee Iacocca: If you want to make good use of your time, you've got to know what's most important and then give it all you've got.

1. Look through your syllabus, lecture notes, tutorial questions, textbooks and past year exam papers to determine:
 - What you need to focus on
 - How much you know and don't know
 - If your study materials (e.g. tutorial solutions) are complete and enough to aid your understanding
 - How much time you need to revise for each module
2. Come up with a weekly schedule for study and revision:
 - Exercise self-discipline to stay focused on study goals
 - Study difficult subjects/topics when you are most energized
 - Take short breaks between study periods
 - Alternate the subjects you are studying
 - Learn to say "No" to friends and keep to your study plan
 - Monitor your study plan and make necessary changes
 - Beware of pitfalls: distracted by handphone, computer games etc



B. STUDYING EFFECTIVELY

1. Set goals for each study period
2. Review what you have studied at the end of that study period.
3. Use active learning strategies instead of reading passively.
Examples:
 - Making notes
 - Summarizing
 - Doing concept or mind map
 - Drawing diagrams or charts
 - Generating questions and answering them
 - Generating your own examples or case studies
 - Re-doing tutorial questions and other questions in the textbooks instead of just looking at the solutions
 - Analysing the information
 - Quizzing yourself



4. Clarify areas or concepts that you do not understand well by:
 - Asking lecturers/tutors/friends
 - Joining a study group
(Caution: Do not turn it into a chat group!)
 - Looking for a study guide
 - Finding and supplementing with an easier textbook
5. Consolidate your memory through:
 - Reciting the information
 - Teaching someone
(friends or an imaginary person)
 - Practising different problem sum questions repeatedly
 - Writing essays for practice
 - Re-organising the information so that you remember better
 - Associating or linking the information with your previous knowledge
6. Simulate examination conditions:
 - Doing past year exam papers within the examination time limit
 - Answering questions you have predicted within the examination time limit

It is important that you get feedback for your answers either through discussion with friends or tutors, and keep practising questions that you are weak in.