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29th September

Post: Blog about exam stress

Exam is about to start next week, so I'd like to share my experience of dealing with exam stress in my last school term with all those nervous students out there!

Having a busy schedule is not uncommon for students, especially before exams. My parents made me attend tutorial lessons every day after school for four hours, so I didn't have any time to do my schoolwork or even to rest. It was exhausting and I was very angry with my parents for making me attend so many lessons. I'm sure many of you feel related to this situation too.

Thankfully, I have some ways to solve this problem. First, talk to your parents. I know it may seem difficult to tell your parents to be less demanding towards you when exam is near. However, if you make them understand how stressed you are feeling and that the pressure is making you worse, then I'm sure your parents will understand and listen to you. Second, do some exercise. It doesn't have to be an intense exercise. Just some walking or jogging can make you feel less stressed.

Most schools give frequent tests as the exam season draws near. My teachers used to give a lot of last-minute tests to us, thinking it would help us get a better grade in the exam. But it just made me and my classmates more worried and tired. I couldn't decide to study for the exam or the test, so I would always study for both in one day, making me always burn the midnight oil. As a result, I kept feeling sleepy in class and did not pay attention during the lessons.

To solve this problem, I had two main solutions. First, I arranged my study plan and made myself study for exams and tests separately, by studying them every other day. Not only did this make me less tired, I also got enough sleep at night. Second, I spent some time with my friends. Studying is important but doing it non-stop is not good. Spending time with my friends made me feel at ease and we talked about each other's problems and helped one another to solve them. We encouraged each other and gave advice to one another. Talking with my friends lessened my anxiety for exams and tests.

These are all the things I have done to relieve my stress before exams. Hope it can help everyone to have good luck in exams! Hope you all pass with flying colours!

Posted at 13:55 by Anupama