

A Blog Post About Exam Stress

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Are you worried about stress from exam? This blog may be helpful for you because it talks about the issue, describing the problem and suggesting ways to deal with it. There are four main problems in my opinion.-

First, busy schedules may make you tired, exhausted and weary. It leads to lower learning efficiency and loss of interest in learning. After school, some students may go to piano class, violin class, art class, English class, basketball class, or do part-time work. Some of their lessons are what they don't like, so they feel stressed. Listening to music helps you relax. Another way to reduce pressure is doing exercise, which is also good for your health.

Second, pressure may come from the school. Senior form students always worry about the public exam. Some don't understand what their teachers have taught. This may bring about many sleepless nights to students and undermine their confidence. As a result, they may be scared about the public exam. The best way to solve the problem is to ask your teachers when you don't understand what they have taught. Another way is to do more practice and ask for help when you don't understand anything.

Third, loads of homework make students feel weary and worn out. It is understandable that teachers want us to do more exercise so as to get great grades. However, it always runs counter to one's desire. The more homework teachers assign, the less interested in learning students will be, but it is important to finish homework. So how about start doing your homework on the first day it is assigned? In this way, you may find it easy to finish the work before the deadline.

Last but not least, frequent tests make students feel helpless because they are unable to finish these tests by themselves. The most important thing is to understand what the teachers have taught and spend more time on revision.

Anyway, everyone has their own learning method. Studying should be happy rather than painful. We should learn to relieve stress. I hope my suggestions will be helpful to you!