

## **A Blog Entry**

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Almost every student gets stressed during exam season. This is a serious problem as exam stress affects students mentally, physically and emotionally. I'll be talking about its causes, effects and solutions, which students might find helpful.

One of the main causes is that their expectations are too high. For example, some students set their expectations way too high, to the extent that they become disappointed when they get their results. Even though getting over 80% is satisfactory, they would be upset because it's not over 90%. As a result, they would blame themselves and stay up late at night to study, which I believe is not healthy for them. To solve this problem, students should lower their expectations. Although having high expectation is good, obsessing over it is not. You should not force yourself to stay up late at night just to study. If you don't have enough sleep, you would be more tired during the day. You wouldn't want to fall asleep during the lessons, would you?

Another cause is that students get lots of homework and tests. Although homework helps students to practice using the knowledge they have learnt during the lesson, they get too much homework from different subjects at the same time. As a result, they don't know which one to do first. Again, they wouldn't finish their homework before the deadline. This is where a timetable comes in handy. If you have a timetable, you won't have to worry about what to do next. Another way to deal with this problem is to start doing the homework on the day it's assigned, so that you won't have to do it in the last minute. Then you'll have enough time to study for your tests.

While your grades are important, remember that your overall well-being should be number 1. Exams can be stressful and dealing it with a proper way can help reduce the stress.