

5D (22) Grace

## Unraveling the Truth about Exam Stress

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As the public exam is around the corner, many students are like an arrow in the bow. With the ever-mounting work and frequent tests, some students cannot bear the stress and are on the edge of breaking down. Let me share with you my point of view on exam pressure and how to deal with it.

First and foremost, one major factor of the building up of pressure is expectation. We often shoulder expectations from people around us - our parents, teachers and even ourselves. When I was still a junior form student, I used to be stressed out by the expectations from people around me. It got to a point where a simple compliment would become a heavy burden to me. The first thing that would come to mind when hearing a praise from someone would be how long it would take for me to let them down. I hated the thought of disappointing those who believed in me and not being able to live up to their expectations. Later on, I realized that it is alright not to always be the one being under the spotlight as long as we have tried our best. Rather than regarding expectations as a burden, we should see as an encouragement, a motivation to push us forward.

Furthermore, another source of stress is the loads of tasks. As typical Asian

students, it is inevitable that we face a lot of school work, especially when the exam is drawing near. It is not uncommon for students to stay up late at night and spend hours in front of desk preparing for exams and completing assignments. For some students who don't have good time management, the loads of tasks might keep them up all night and cause them to drag an exhausting body to school the next day. I used to be one of those students. I was barely able to complete school tasks in time, not to mention the extra tutorial lessons after school. It was almost impossible for me to finish assignments and maintain a normal sleep habit every day. Then I realized that it was the problem with my time arrangement. I had a bad habit of learning the tasks until the last moment, like a deadline fight. This ends up in the work piling up and the more it piled up, the less I wanted to do it. I then began making learning schedules for myself and tried putting my phone away when studying; this really elevated my efficiency and improved my academic performance.

Having pressure from school is always the way of life. You just have to know that you are not alone. Having a positive attitude and good time management can help with stress. I hope my tips are helpful. Wish you all the best in the exam.