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How to Deal with Exam Stress

Exam season is a little different this year, here are some tips to cope!



By Jade Dumont and April Langille

Exam stress can be difficult to deal with, especially as final exams are approaching! The stress and pressure around exams can come from not understanding the course material, not having enough time to study, worrying about grades or worrying about failing an exam. Stress can even come from other life circumstances outside of school. The stress and pressure of exams can negatively impact a person both physically and emotionally. People who are

stressed may experience:

- Moodiness, anger or frustration
- Worrying thoughts or anxiety
- Sadness or depression
- Physical pain or sickness
- Procrastination
- Difficulties concentrating, eating or sleeping
- Restlessness
- Increased use of drugs or alcohol

As the Fall semester is quickly coming to an end, it is very important that each of us look after ourselves and find different ways to cope with any stress that we may be feeling.

Strategies to Cope with Exam Stress

Stress can be tough to cope with, especially while being a student and writing multiple exams! Here are some coping strategies that can help with stress:

- Meditation (Here is a link to a #CUEWELLNESS free meditation)
https://www.youtube.com/watch?v=ekLgFIF9OCU&feature=emb_title
- Deep breathing or relaxation exercises
- Exercise (Here is a link to Campus Recreation's weekly class schedule)
<http://www.gothunder.ca/landing/index>
- Reduce screen time (Here is a helpful article about screen fatigue)
<https://theboltnews.wpcomstaging.com/2020/11/04/screen-fatigue/>
- Warm bath or shower
- Listen to music
- Journaling or reading
- Reach out to friends or classmates
- Connect with your community, culture or spirituality
- Use positive affirmations

Sometimes, despite finding different ways to cope, stress can feel too overwhelming to deal with. If you feel that the stress you may be going through is too much, please remember that it is okay to reach out for more support if you need it. You aren't alone! Here are some Edmonton, International and Concordia University resources that may be helpful for you or someone you know:

- Edmonton 211 Mental Health Resources
<https://edmonton.cmha.ca/wp-content/uploads/2020/11/2020-11-Combined-List.pdf>
- International Mental Health Resources
<https://mindyourmind.ca/help/where-call>
<https://checkpointorg.com/global/>

- CUE Counseling Services (With Caroline Belanger) and Peer Support (Online)
<https://concordia.ab.ca/student-services/student-life-learning/support-services/counselling-services/>
- CUE Indigenous Student Services (Peer and Elder Support, Volunteering, Resources)
<https://concordia.ab.ca/student-services/indigenous-student-services/finding-support/>
- LGBTQIA2S+ Support Youth Line
<https://www.youthline.ca/>



Exam and Tutoring Information to Help with Exam Stress

Exam studying and preparation tips to reduce stress:

- Plan out your studying, make a clear schedule of what needs to be done
- Make sure you take breaks, give your mind a rest
- Reduce any distractions
- Ask for help when you need it, email professors, or ask classmates
- Make a routine
- Gather all your resources and materials beforehand
- Create good habits, this involves eating healthy, proper sleep, and stay active

Info and Resources at CUE:

- Tutoring Services: [Book your tutor here](#)
- Learning Accommodations are available for students as well [More information on LAS Accommodations here](#)
- Library resources [Click here for the library](#)
- The Writing Centre information [Click here for more information and booking for The Writing Centre](#)

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