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Youth Work Ireland
North Connaught

Tips for coping with Exam Stress



HOW TO DEAL WITH EXAM STRESS



Take up exercise



Shared worries with friends or sought out university counsellor for help and guidance



Rewarded self for studying



Took up meditation



Blocked the internet while studying or revising



Read about successful people who had underperformed at college/university to discount any negative thoughts



Visualised what they want to achieve each day



Listen to uplifting music



Listen to comedy



Keep a plan of each day's work



Do small amount of work each day before letting it build up.



Stopped drinking alcohol



Useful Websites:

www.spunout.ie

www.examinations.ie

www.cao.ie

www.helpme2parent.ie

www.reachout.com



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5 STEPS to STUDY SUCCESS

We've done the homework on studying so you don't have to. These are your scientifically proven steps to study success.

1 NOT ALL STRESS IS BAD

While it's often given a bad rap, the right amount of stress can actually motivate you to get stuff done. The key thing is to recognise when stress has tipped over from being a motivating force to an overwhelming emotion.



2 20-MINUTE STUDY RULE

No one can study for six hours straight and be effective. Break up your time into twenty-minute chunks for the most effective use of your brain.



3 SAY IT OUT LOUD

The best way to really remember and learn is to talk about what you're learning out loud, without using any notes.

4 BREAKS = GOOD, CONSTANT DISTRACTION = BAD

Taking planned and timed breaks will help you remain on task, but checking your social every 5 minutes is a sure-fire study fail. Research shows that it can take up to twenty minutes to refocus on your task once you've been distracted.



REACH
OUT.COM

5 SLEEP IS YOUR FRIEND

If you get a good night's sleep before your exam, you are scientifically proven to retain more of what you studied the day before than if you stay up crazy late.

