

Support Guide Coping with Examinations





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Examinations are an important part of education, however, for many students' examinations are often a source of anxiety. This self-help sheet outlines some of the ways you can confidently

What can you do?

Boost your concentration with a good night sleep

It's recommended that young adults get 8-10 hours of sleep a night. A good night's sleep will help you feel well rested and alert for your examinations and may even reduce any anxiety you feel beforehand. Try to avoid staying up all night before your examination revising as you risk exhausting yourself.

✓ Eat well

A balanced diet is vital for stamina and concentration. Foods and drinks with a high fat, sugar or caffeine content can make some individuals feel more irritable, moody, hyperactive or less focused. Do not try to overcompensate for studying with increased quantities of caffeinated drinks such as tea, coffee, soft drinks, etc, you'll find that you 'crash' and won't focus as efficiently as taking breaks and resting. Do not skip breakfast even if you feel nervous before an examination, your brain needs energy to function optimally. Try to eat a wide variety of fruits and vegetables. Water is the best option for good hydration.

✓ Exercise

Exercise has been consistently proven to help boost energy levels, clear the mind, and ease stress. It is free, easy to take and has an immediate effect. It doesn't matter what kind of exercise it is – walking, cycling, swimming, football, dancing - anything that gets you moving is effective. Activities, that involve more people are often even more helpful.

There is strong scientific evidence that being physically active can help you lead a healthier and happier life, remember the Latin phrase ‘Mens sana in corpore sano’ – ‘a healthy mind in a healthy body’.

✓ Time for treats

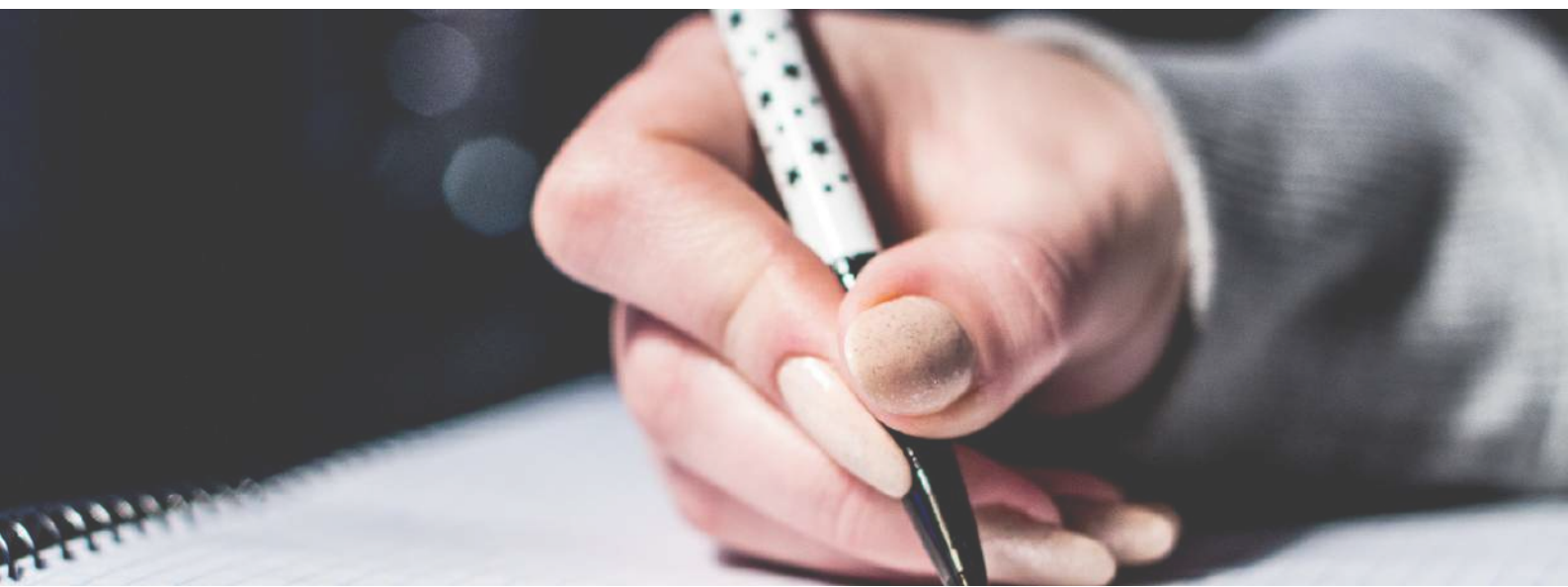
Reward good progress, hard work and your achievements, no matter how small they are. Treats do not have to be big or expensive. Motivate yourself and reduce your stress with your favourite meal, time on social media, visiting a new coffee shop or just simply treat yourself to watching TV.

✓ Avoid negative thoughts

If you catch yourself in a negative thought loop, try to detach from it. Try to remain rational and realistic in your thinking. You will find that you are resilient enough to handle more scenarios than you may think. Try to put the examination into perspective. Keep in mind that, in the grand scheme of your future, should you do poorly on an examination it will not likely be too impactful. Try to stay positive and learn from your mistakes; remember that ultimately the goal of an examination is to assess your level of knowledge on a topic.

✓ Talk about exam anxiety

If you feel that you are struggling to cope with the anxiety or stress of an upcoming examination don't be afraid to talk about it with someone. Talk to friends or family about how you are feeling and seek reassurance and advice. Remember you can always contact your faculty office or a module leader and seek support. Read the BUE Self-help Guide on Anxiety and Panic for further information. The vast majority of students will feel relieved once the examination period is over but that is not the case for everyone. Get help if you feel anxiety or a low mood that you feel you can't move on from or persists in your everyday life. Speaking to a doctor is a good place to start.



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Before the examination

- Try to limit online distractions and control your social media usage. What starts as googling something useful online can end up three hours later in watching cat videos.
- Play it safe, an examination is not necessarily a good time to try new things. Try to use approaches that have been successful previously and go with what worked for you before.
- Wear comfortable clothes, eat simple and healthy food and stick to your routine.
- Plan your time on the day of the examination; prepare yourself and get ready in advance, arrive early to avoid additional anxiety.
- Stay calm and remember that examinations are not the be-all and end-all, just do the best you can.



Speak to someone at **the BUE Student Hub Counselling Service** where advisors can help you with the techniques above.

You can pass by our offices at the BUE Library Lower Floor.

Not on campus and want more information? You can contact us anytime via our email address **thestudenthub@bue.edu.eg**

The student Hub is a safe, friendly and free space for you. We are here to help you. We are listening.