


Helping Students Prepare for End of Term Exams and Stress



We recognize that preparing for exams is new for many students. It is normal and expected for students to have feelings of stress as well as excitement for the end of term. The stress response is the body's natural way of mobilizing energy to meet demands/challenges. It is by taking the time and energy to prepare the mind and body in the weeks and days leading up to the exams that students set themselves up to do their best.

When students return in January, they will receive weekly tips to help prepare their mind and body for exams and to positively cope with stress. It is helpful to be aware that some students may begin to experience stress in anticipation of the exams. If students are feeling stress about exams over the holiday break, they can use the tips to help focus their energy on taking positive steps to prepare.

Our hope is that students use the tips to create their own plan to prepare their mind and body to be at their best and ready for exams. The purpose of this resource is to share those tips in advance, and wish everyone a wonderful holiday break and a good start to the New Year!

- [Tips on How to Prepare for a Test](#)
- [Tips on Prioritizing Your Time and Energy](#)
- [Tips on Visualizing Yourself Doing Well & Reward Yourself](#)