HOW TO DEAL WITH EXAM STRESS

An independent study of 2000 college students by Stop Procrastinating found that 66% of students believe their level of stress is higher than in the past.

Students responding to the survey stated that stress and anxiety is affecting performance which will result in lower grades than expected.

45% of students believe stress can affect their hair.

75% said they had procrastinated too much ahead of their exams, saying they waited between three and four hours a day.

34% of these students were surprised they had sought professional help, with 27% citing a counselling service.

27% of college students also suffer from sleeplessness, with more than half of these students stating they had started work alcoholics who were more prone to their exam performance to 'knock off' or sex drinking.

To prevent procrastination, the survey also asked students what they do to avoid stress at exam time and prevent procrastinating. The results were:

- Take up exercise
- Shared worries with friends or sought out counselling services for help and guidance
- Honed self for studying
- Task on condominium
- Focused and avoided work-related stress or anxiety
- Visualized what they were going to achieve next day
- Listening to music
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- Keep a bit of work for day by day
- Do small amounts of work each day
- Stopped drinking alcohol

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