



DEALING WITH STUDY STRESS

A guide to help and support
students in managing and
making the most of their studies



DEALING WITH STUDY STRESS

Studying can create feelings of stress or anxiety, especially when you are working towards exams or coursework.

However, there are strategies to help you minimise stress and manage your studies effectively.

HAVE PERSPECTIVE

We all understand that exams are important, but try not to get overwhelmed. Keep in mind that you have prepared for these exams and it is just a chance for you to demonstrate your existing knowledge.

No matter what the outcome of your exams, you can still be successful in life if you work hard and are determined. So with this in mind, try to keep things in perspective to reduce your stress.

BE SMART

Using SMART Targets is an effective way to organise your studies.

SMART stands for:

Specific - state exactly what the target is

Measurable - how will your success be measured?

Achievable - know that it is possible

Relevant - make the goal personal to you

Time-Bound - when will it be achieved by?

SPECIFIC

Be specific with your targets, focus on what you want to achieve.

Instead of saying "I want to pass my English exam", a more specific goal could be "I want to achieve a grade 6 in my GCSE English Language exam".

This way you know exactly what you are working towards and what your end goal is.

MEASURABLE

A target should be measurable so you can monitor your progress.

Ask yourself "What do I need to do to achieve my goal?". Create a plan and track your progress so you are measuring the 'distance' from your goal.

Measurable indicators could be your Mock Exam grades, results of practice papers or progression through revision books.

ACHIEVABLE

When setting targets you should challenge yourself, but the goal must remain possible.

Ask yourself "Can I achieve this in the given time frame?", "Do I have the resources available to achieve this?", and "Am I able to commit?".

An example of this could be "Do I have the time and resources available at home to revise for my English exam?" If the answer is no, you could then spend time over lunch or after school/college to do your revision.

RELEVANT

Targets should be personal to you - this way you are more likely to commit to achieving them.

Ask yourself "Why is this target important to me?".

An example of this could be considering what you want to do in the future. E.g. "My target is to achieve a Grade 7 in Science so I can take Biology at A-Level and pursue my dream of becoming a Midwife".

TIME-BOUND

Consider a deadline when setting targets and stick to this. By providing yourself with time restraints it pushes you to take action and work towards your goal.

An example of this could be "By next month I will have thought of a concept for my final piece in my Art exam. This will then give me time to consider how I will execute this before the exam in May".

START EARLY

It is important to start setting goals early as it makes it much more achievable (think about 'Time-Bound'; it gives you a larger time frame to achieve your goal).

By setting targets at an early stage you will have a sense of direction, motivation and focus. You will know exactly what you need to work on and by when - if you stick to this you will stay on track to achieving your targets.

BE ORGANISED

Organisation is key to reducing stress and staying on top of your workload. By creating a plan you will be able to know exactly what you need to work on to achieve your end goal.

Breaking up work into small manageable chunks allows you to stay focused and take small achievable steps.

Creating a 'to-do' list means you can visualise the steps you need to take and tick off what you have achieved.

GOOD HABITS

Get into good habits whilst studying to make it easier overall. You can only concentrate fully for 30-45 mins, so taking breaks is crucial to optimise your study.

Eating healthy foods and drinking plenty of water will help your brain function.

If you are feeling stressed or overwhelmed, take some time out to exercise. Sitting in one place all day can be frustrating, even just going for a short walk will help you to de-stress.

Getting enough sleep is so important - aim for 8 hours.

ASK FOR HELP

Don't be afraid to ask for help! There is nothing wrong with asking for help and support if you are finding something difficult or feeling stressed.

You could organise to study as a group with your friends, or even talk to them over the phone or by video-call. By doing this you can discuss your work and help each other. You could also ask parents, carers or tutors for help and support if you are struggling.

USE DIFFERENT RESOURCES

Everyone learns differently, so therefore one resource may not work as well for one person as it does for another. By varying the resources you use, you will find out how you learn best, and also stay more engaged.

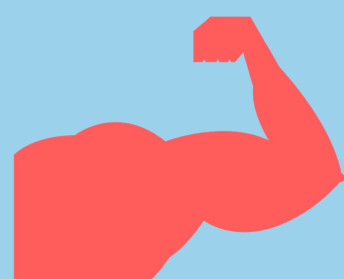
Visual learners may find mind maps or pictures useful. Auditory learners may find listening to talks or lectures work best. Kinaesthetic learners may find that making something or practising helps them.



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