

Tension Surviving Exam Week

Expect to be tense!

This is normal. Actually a little anxiety can help to heighten your awareness and can enhance your performance. Don't let it get to you, though:

- ☉ **TAKE TIME TO RELAX.** Cope with your excess tension before and between exams through rest, exercise and deep muscle relaxation. For example, long walks and bike rides are excellent ways to release nervous energy and keep up your stamina.
- ☉ **ADOPT A POSITIVE APPROACH.** Try seeing exams as applying all the knowledge you've learned—the logical next step, not a threatening new experience.
- ☉ **ANXIETY IS CONTAGIOUS.** Keep away from people who are highly anxious before exams, because their nervousness can increase your own.
- ☉ **PLAN REWARDS.** Schedule a meal, a movie, a handball game, a visit with a friend or other leisure activity periodically throughout finals. Plan a treat for when your exams are all done. These help keep your spirits up and give you something to look forward to.

Take Care of Yourself!

In addition to taking an organized and calm approach to studying, you need to make common sense and moderation a general lifestyle during this and other times of stress.

- ☉ Get enough sleep! All the caffeine in the world won't make up for a lack of sleep. Get at least 6 hours sleep a night. Schedule sleep like you schedule studying.
- ☉ Eat lots of good foods, like protein-rich lean meats, fruits, and vegetables. Stay away from greasy or high-fat foods that may cause stomach discomfort on exam day. You need to feel fresh, not bloated!
- ☉ Coffee, tea and some sodas contain caffeine and are relatively safe ways to help you stay awake. Pills, such as No-Doz, taken in recommended dosage, are fairly safe to help stay awake: they are concentrated caffeine equal to about one and a half cups of coffee. An overdose may cause jitters and keep you from being able to sleep or concentrate.
- ☉ Don't use stimulant drugs like diet pills or energy pills to make up for a lack of sleep. Amphetamine preparations such as speed, Benzedrine and Dexedrine increase mental processes, but they can cause other bad effects. A student under the influence of amphetamines can cram and scan more information, but will ultimately retain less information.