

Ctrl + Alt + Defeat Exam Stress

Exam stress is a nearly **universal challenge**. For many students, they are a source of 'sweaty palms and heart palpitations' that can feel overwhelming. From the pressure of high expectations to the fear of the unknown, the roots of this stress are often multifaceted. **Sometimes the pressure can help keep you focused; other times it can cause stress.** It is completely normal to feel anxious or stressed before and during an exam, as exams are often seen as a test of one's knowledge, skills, and abilities. So, take a deep breath, and remember—your brain is like a browser tab: it might be frozen right now, but eventually, the pages *will* load, and life will go back to high-speed streaming. Until then **Let's dive into some tips and tricks to keep stress under control and some jokes for Ctrl-Alt-Deleting it.**

Key Strategies to Manage Exam Stress:

Preparation is Key:

Create a realistic revision timetable, use past papers for practice, and avoid last-minute cramming

Physical Care:

Aim for 8-9 hours of sleep, maintain a balanced diet with slow-release energy foods (like Dalia or fruit), and incorporate at least 30 minutes of daily exercise.

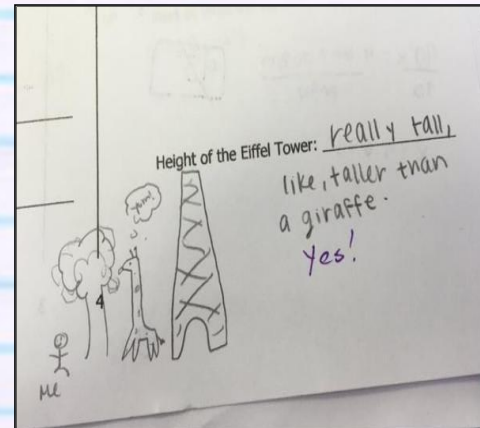
Mental Well-being:

Practice relaxation techniques such as deep breathing, meditation, or yoga to calm nerves.

Take Breaks:

Schedule regular, short breaks to prevent burnout, such as going for a walk, listening to music, or watching a favorite show.

CTRL+ALT+DEL

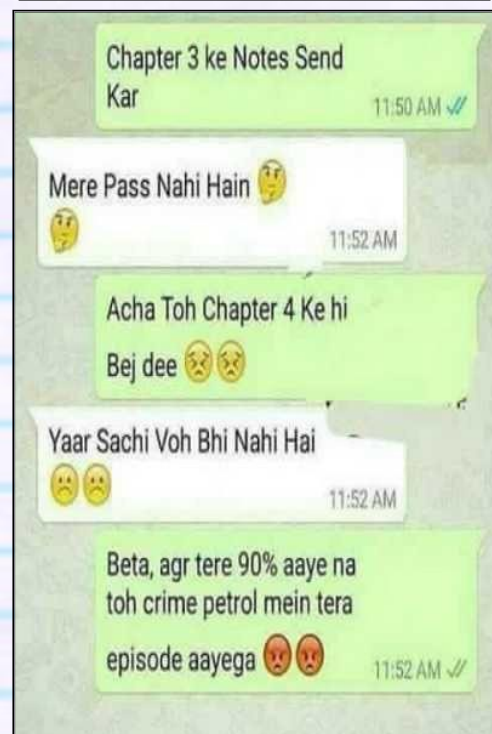


80% of the **EXAM** is always based on



1 lecture that you **MISSED** and 1 topic that you didn't **PREPARE**

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Seek Support:

Talk to friends, family, or teachers about your feelings instead of bottling them up.

Positive Thinking:

Focus on your preparation and strengths rather than fearing failure, and replace negative thoughts with positive affirmations.

Time management

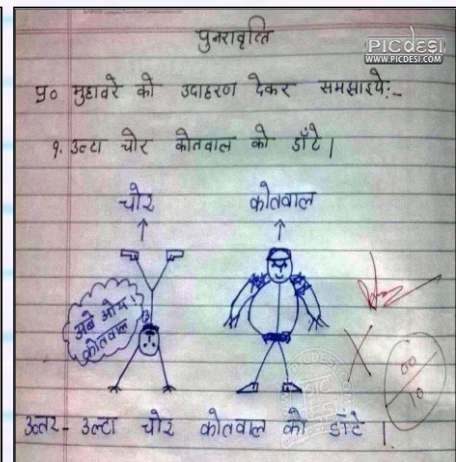
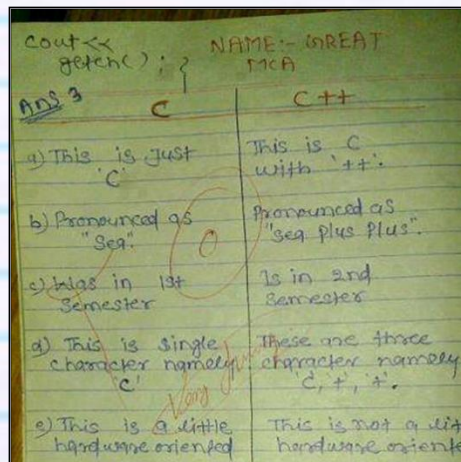
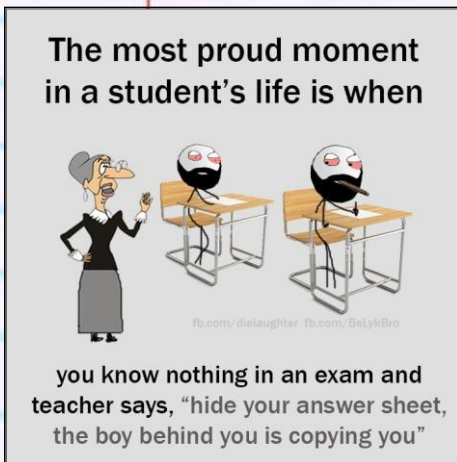
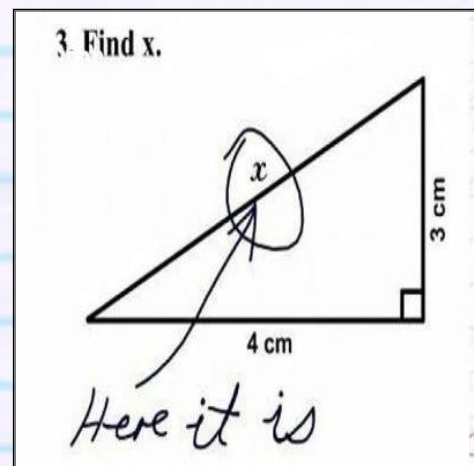
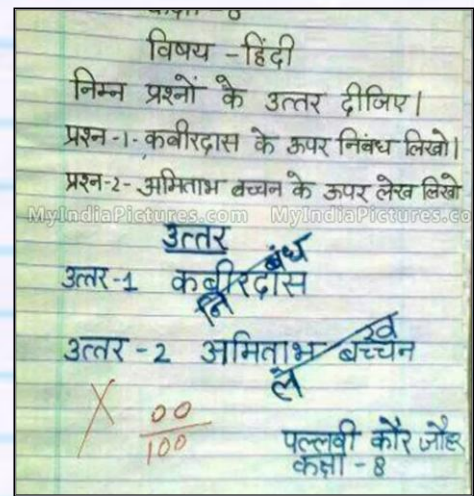
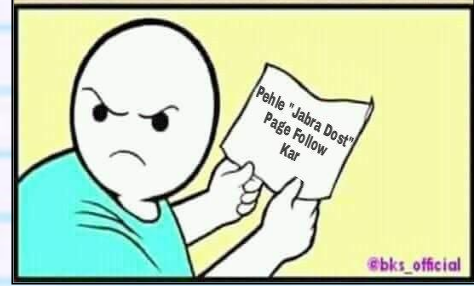
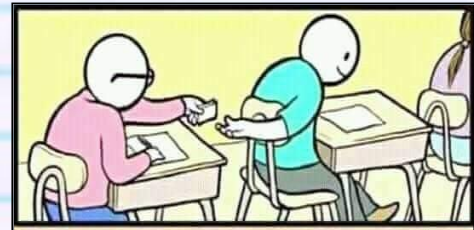
Manage time and organised yourself accordingly. Try doing smart work rather than hard work. Study the things you feel are more important first. If you have your tasks and activities set in advance, you'll think more strategically.

Don't panic

Panicking before exams is very common in students. When you feel you're panicking just stay there for a while, take deep breathe, keep yourself hydrated and then go back to study. Remember, there's always a solution for every problem and no exam can ever decide your future. Learn and understand things for yourself and your knowledge.

Keep distractions away:

Distraction can be in any form. The biggest distraction today is smartphones. Keep it away while studying. Also, keep them switched off so that you won't get distracted by the notifications. Try this quiz to see if you tend to lose focus easily or not!



Tips to help exam day go smoothly:

Before the Exam:

- Figure out what you need to take with you on exam day and organise this the night before.
- If you feel yourself getting worried before your exam - spend some time focusing on your breathing.
- When you sit down to do your exam, take time to slow your breathing and relax.

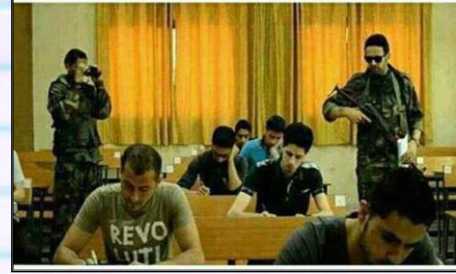
During the Exam

- Read every question twice and underline command words to ensure you're answering what was actually asked. Do not miss critical keywords like "NOT," "EXCEPT," or "COMPARE".
- Allocate time based on the marks each question is worth and complete easy questions first to build momentum.
- A blank answer is a guaranteed zero, whereas even a partial attempt can often fetch some marks. Write down a relevant definition, keyword, or diagram even if you don't know the full answer.
- The "Final Review": Reserve the final 10–15 minutes strictly for reviewing your entire answer sheet. Check errors like misnumbered questions, skipped sub-parts, or spelling mistakes.

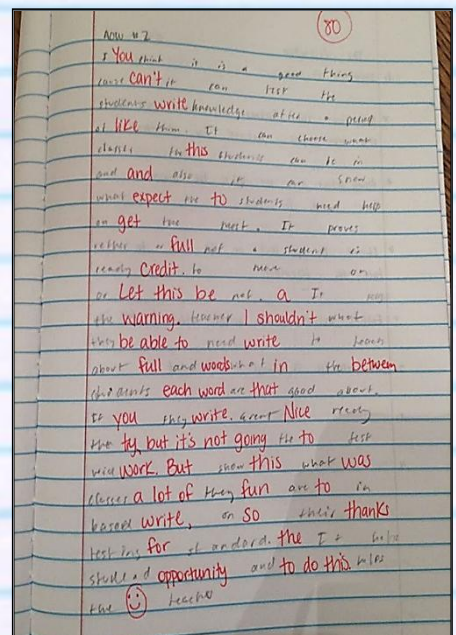
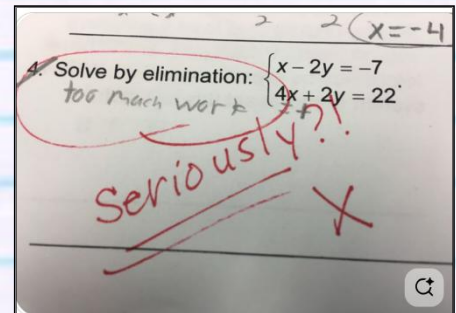
After the Exam

- Don't huddle with friends to compare answers. Don't even check textbook or Google for the "right" answer. Finding out you got a different answer for the hardest question is a one-way ticket to Stress City, and you can't change it now anyway.
- If the paper went badly, give yourself a few hours to be annoyed, then drop it. One bad exam doesn't define you. Take a deep breath and focus on the next one instead.
- Give at least an hour or two of zero study. Go for a walk, listen some music, watch a mindless show, play a game—anything that isn't academic. If you stayed up late studying, take a "victory nap." A quick sleep helps your brain reset so you're ready for the next challenge
- Eat a real meal and drink sufficient water and get recharge for the next one to come.

Teachers during exams be like..



Teacher's anti-cheat technique

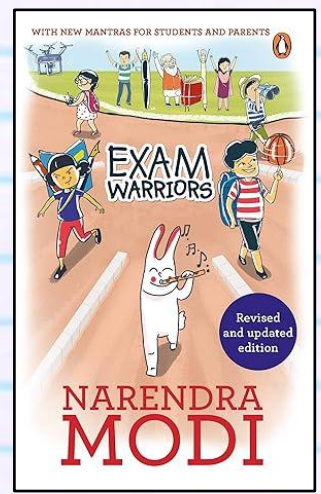
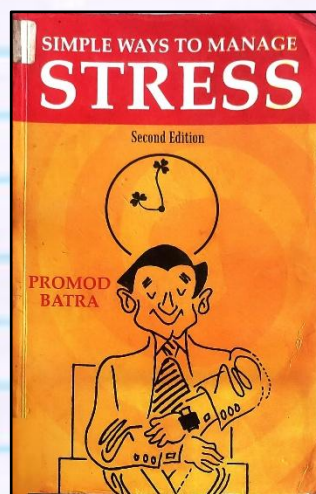
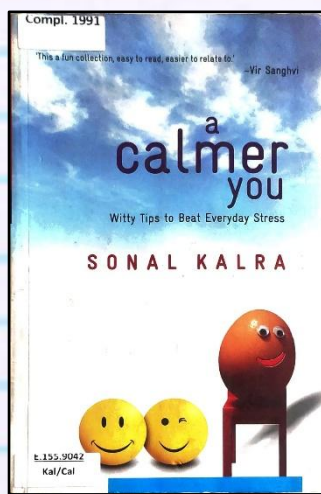
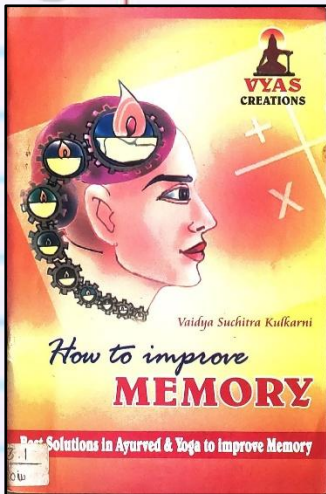


Here is your puzzle, Find out 7 hidden study distractions. **DON'T LET THIS DISTRACT YOU ;)**

W	H	T	P	P	A	S	A	C	E	J
H	O	P	H	O	N	E	T	R	A	P
A	W	M	S	O	I	I	P	N	I	G
S	D	B	S	M	C	N	O	N	A	A
D	O	K	O	T	T	S	I	O	S	M
D	A	Y	D	R	E	A	M	I	N	G
F	N	L	N	W	E	T	U	S	D	R
G	X	K	E	T	O	D	Y	E	F	O
F	I	J	T	R	K	G	O	M	G	U
C	E	H	F	P	B	R	U	M	F	P
E	T	J	L	M	U	M	O	N	U	C
B	Y	M	C	N	S	Y	T	E	N	H
S	N	A	C	K	L	O	O	P	N	A
K	C	N	S	B	S	N	T	W	E	T

- Reading list & References:
- <https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>
- <https://www.unicef.org/india/stories/how-deal-anxiety-exams>
- <https://www.youtube.com/watch?v=BiWPBUE8YZA>
- <https://schoolofscholars.edu.in/blog/managing-exam-stress/>
- Picture Source: www.google.com

Books on Library's Shelf:



Face exams with action and resilience rather than fear and anxiety.....Good Luck from Library Team



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4th floor, A wing (Personal dialogue is most encouraged)

