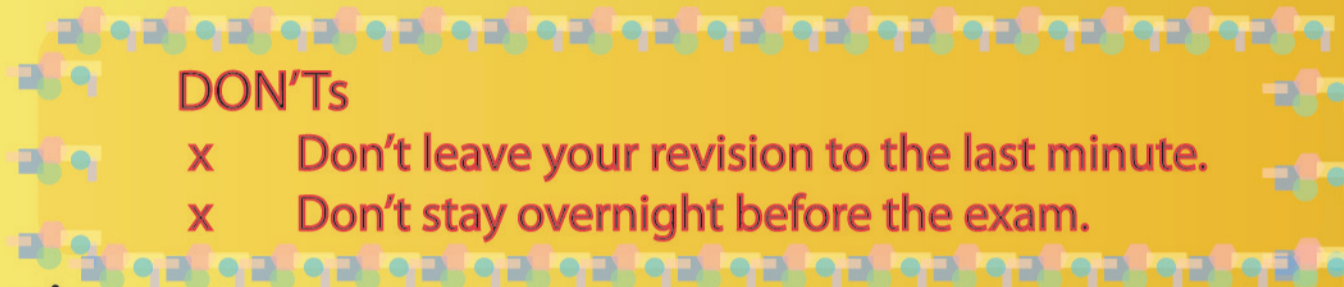


# COPING WITH EXAM STRESS

## 1. Do Revision Wisely

- Try to work to a realistic and productive timetable.
- Sort out and prioritize your subjects/topics for revision.
- Breakdown tasks into manageable units.
- Follow the PQRST model: (1) Preview the material; (2) Question yourself of what you expect to learn; (3) Read and make notes; (4) Summarize key concepts; and (5) Test your self.



## 2. Managing Anxiety

- Cognitive: Talk constructively to yourself.
  - Watch out for "should" and "must" demands which may put you under undue stress. Rather, create statements for you to meet realistic goals.
  - E.g. Replace "I MUST study the entire book" with "It would be nice if I can read as many chapters as I can".
- Behavioural: Plan and work according to timetable.
  - Don't forget to eat well, sleep well and take breaks!
- Emotional: Contain your anxious feelings with appropriate techniques or distraction; for example:
  - Pamper and reward yourself for what you've done.
  - Share with others about your stressful feelings.
- Relaxation:
  - (Procedures) Lie down or sit in a comfortable position. Then, close your eyes and bring your attention to your breathing. Breathe in slowly. When you inhale, count "1" in your mind; and when you exhale, tell yourself "RELAX". Continue counting your breathing. Notice your breathing is slowing down, and your body is relaxing.

## 3. Further Resources

- Check out more tips from CEDARS (Counselling and Person Enrichment) – Resources <http://w3.cedars.hku.hk/counselling/content/resources.php>
- You're also welcome to talk to our counsellors if in need. To make an appointment, please call 2857-8388 or send e-mail via [cedars-cope@hku.hk](mailto:cedars-cope@hku.hk). Lastly, good luck for your exam!

