

MASTER YOUR EXAMS STRESS-FREE



Exam season can be a challenging journey but fear not – we're here to guide you through effective preparation and stress management strategies to tackle your exams like a pro.

1 PLAN YOUR STUDY SCHEDULE:

- Create a study timetable to cover all subjects.
- Break study sessions into manageable chunks.
- Include short breaks to stay refreshed.



2 ACTIVE LEARNING TECHNIQUES:

- Use active learning methods like flashcards and quizzes.
- Teach the material to someone else to reinforce your understanding.
- Summarise key points for quick revision.

3 HEALTHY HABITS FOR SUCCESS:

- Maintain a balanced diet for sustained energy.
- Get enough sleep for a clear and focused mind.
- Regular exercise boosts brainpower and reduces stress.



4 STRESS-RELIEF STRATEGIES:

- Practice deep breathing exercises.
- Try mindfulness or meditation to stay calm.
- Talk to friends, family, or speak to your healthcare provider if you feel overwhelmed.

5 REVIEW AND SELF-ASSESSMENT:

- Go over your notes and previous assignments.
- Take practice exams to gauge your progress.
- Adjust your study plan based on your weaknesses.



6 STAY ORGANISED:

- Keep study materials and notes well-organised.
- Use apps or planners to track deadlines.
- Set achievable goals for each study session.

Nelson Mandela University's student counselling unit, Emthonjeni, also has a range of downloadable resources you can use.

[LEARN MORE](#)

Remember, you've got this! Stay positive, stay focused, and trust in your abilities. Nelson Mandela University believes in your potential.

GOOD LUCK WITH YOUR EXAMS!