



Don't keep things bottled up inside

Sit down and chat with your friends or other people, as you'll probably find that they are going through the same stress and feelings of anxiety as you. Remember you can always talk to your course tutor about specific problems and they would probably prefer that you did talk to them rather than bottle it up inside you. If you're finding an exam period too much then you can always talk to the Advice Centre on the ground floor, North Wing at Wycombe or on the 1st floor in Uxbridge. You can also come and see Vice President Education and Welfare in the Students' Union if you have any problems or just need a chat.



The final rule is...

DON'T PANIC!

Stay calm, stick to your revision plan and follow the above advice and you'll be fine.

The information above was last updated in 11/11. However, we recommend before you make any decision or enter into any agreement you carry out your own checks.

get in touch:

High Wycombe Campus

Reception

t: 01494 603 016

e: suadvice@bucks.ac.uk

Uxbridge Campus

Reception

t: 01494 605 180

e: suadvice@bucks.ac.uk

Bucks Students' Union Advice Centre is a member of:
Advice UK - The Voice of Independent Advice
CPAG - The Child Poverty Action Group
NASMA - The National Association of Student Money Advisers
UKCISA - The UK Council for International Student Affairs

For our current opening times please go to our website: bucksstudent.com/advice.
Email us on: suadvice@bucks.ac.uk or call us on 01494 603 016.

Appointments can often be arranged outside our published times so please ask. We will usually be able to respond to any enquiry within 48 hours during term-time, but often more quickly.

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Advice Centre



TOP TIPS FOR EXAM WELFARE

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Balance your time

Plan ahead to reduce pressure. Set yourself realistic targets. Establish a routine.



Exercise regularly

The adrenaline we build up under stress needs a release. Sport and exercise are some of the greatest stress busters. You don't have to be very sporty to get exercise – a walk every evening might help, or kicking a ball around with friends.



Keep things in perspective

These exams might seem like the most crucial thing right now, but in the grander scheme of your whole life, they are only a small part. Try changing the thoughts of “have to” to “choose too”.



Don't work for too many hours

Try not to work in the early hours of the morning and don't work too many hours in one day. If you do, it is likely that your efforts will be undermined because you end up feeling more and more tired, and can't take in and process information efficiently.



Make sure you get enough sleep

Don't rush straight to bed after revision, if you do, you may have difficulty sleeping with thoughts rushing about your brain. Do something that requires attention. Sport or an evening out is good as by the time you have gone to bed you're unlikely to be thinking about work, and are so tired that you'll fall asleep before your brain gets a chance to start thinking again.



Recognise & tackle procrastination (leaving for tomorrow what you can do today)

What do you gain from it? Similarly, stand back and weigh up your workload and plan your day. Don't let emergencies overtake those tasks that are more important but immediately less pressing.



Keep healthy

Ensure that you maintain a balanced diet. Eat three meals a day rather than snacking, don't sacrifice a proper diet for more time on revision. Remember to eat plenty of fresh fruit and drink lots of water. Too much caffeine in coffee, coke and chocolate, as well as alcohol and sugar will make you more susceptible to stress and anxiety.



Separate others' expectations from your own

It is great to succeed and aim high, but keep things in balance. Aim to do your best, but recognize that none of us can be perfect all of the time.