**Study or exam stress**

For students there is often additional stress related to coursework difficulty, workload and exam pressures.

![C:\Users\gibsonc\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\NP7XQZDQ\kids-study-cartoon[1].jpg]()

There are a number of good publications related to study skills which are particularly helpful at the outset of student life. However, it may feel too late and overwhelming - what if the pressures are too great, there is a backlog of work and things seem to be spiraling out of control?

**Firstly, take a deep breath and relax, sit down with pen and paper and:**

1. Assess the situation honestly. How far behind are you? Make a list and estimate the number of hours needed for each piece of work.
2. Ask yourself why you got behind? Is the work too difficult? Are you giving enough time to your studies? Are other issues getting in the way?
3. Can you take action to address what you answered in question 2? E.g. if you have difficulties finding peace and quiet at home, use another study venue. Seek help if you need it.

**Now you are fully aware of the extent of the problem, make a plan.**

* Set deadlines/targets for yourself. You may need to negotiate these with your tutor.
* Use a weekly planning chart -adding in time for relaxation and socialise.
* Reward yourself after each achievement -you are taking control.
* Build into the plan study time for new/current work.
* Can you work or plan with a friend in a similar situation? You could keep each other motivated and the rewards could be more enjoyable - e.g. socialising or watching a video etc.
* **Be positive**- you will see progress quickly as smaller targets are reached. The reward of feeling in control and not overwhelmed will be worth it.
* If the situation (after discussion with your tutor) really is unrealistic, then you may still have some options other than leaving college

These may be:

**Negotiate extended deadlines**

**Negotiate deferring the exam or part of the course Negotiate transfer to a different course**

**You don’t know until you ask!**

At the end of the day, after assessing very thoroughly, you may come to the conclusion that the course is not right for you at this time. Discuss with your tutor or perhaps the Counsellor about what this means to you.

**Most importantly, you will be taking control.**

Hopefully, the situation will not have reached that level and other methods mentioned above may be enough to get you on the right track again.

**Key words are:**

**Assessment**

**Planning**

**Action**

![C:\Users\gibsonc\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\CNILW9F3\134px-Trophy[1].png]()

**Well done!**