**HOW TO COPE WITH EXAM STRESS?**

Stress has become the most common word in the student life. It is the feeling of pressure, anxiety, and strain. Every student experiences this unavoidable stress during his/her examinations. It causes a lot of emotional and mental strain on one’s health which may tend to develop a fear of failure in the student mind or they keep on worrying that they may not get good grades. When a student feels stress and anxiety, they give themselves negative messages like ‘I can’t do this’, I’m going to fail.

So the most effective way to cope up with this examination stress is to prepare for the exam beforehand without losing their concentration. Students can prevent the stress by finishing their syllabus at least a month before the commencement of the exam so that they revise the syllabus again and again during the last month of exams. Finishing the syllabus in advance will help the students to build up their confidence and also gives ample amount of time to improve their theoretical and practical knowledge.

At the end of the day what matters is the knowledge student gained through the studies, how perfectly he/she managing the time and improving their way of learning. The student gains nothing if they by heart the things without any interest and its mere waste if they just reproduce the contents of the textbooks in the examination without any practical knowledge. The secret of learning well and scoring good marks in the exam doesn’t mean that they should be studying all the time. It depends on the interest of the student, whether they are ready to learn at that time or they are forced to do it. The brain works well and absorbs the content studying by the student easily and more efficiently when the student is not tired mentally and physically and is taking enough rest without stress.

Studying by the force of others without their own interest will hardly help them in concentrating on studying due to which they can’t remember the content or information when required. During learning students should also take breaks and should involve themselves in some extracurricular activities, indoor or outdoor activities, in any fun things etc., which relaxes the mind. After completion of the exam, the student should avoid the unnecessary discussions about the paper or listen to the experiences of the others. This indulges some kind of fear in the student, who keeps on thinking how others had written the exam, and keeps comparing themselves with other students, which finally lead to stress.

Thus student should the syllabus with the passion to read and gain some knowledge through that and not with the intention of securing marks in the exam and forgetting everything once the exam is completed. By following all the advice mentioned above, students can cope with stress and can ensure an effective learning experience by gaining knowledge throughout the studies.