



2010

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EXAMS!

Beat the stress

Exams are a time when stress levels are higher than usual. Stress can be positive, helping you to stay motivated and focused. However, too much stress can be unhelpful - making you feel overwhelmed, confused, exhausted and edgy. It's important to try and keep things in perspective and find ways of reducing stress if things seem to be getting on top of you.

A few things tend to repeat themselves annually at exam time; Wanting to die! Saying to yourself 'Next year I'll be more prepared'. Making promises to God that you'll be more holy if you just get through these exams! Getting freaked out by friends who say they haven't started studying yet, yet their notes are highlighters, colour coded and summarised! An increased need to check facebook every 5 minutes, instead of revising! Late nights, pots of coffee and lots of highlighters...
...(Just to name a few)

Here we'll take a look at what 6 university students had to say about Exam time, and see what students can do to 'Beat the Stress!'



Look inside for VOX POP



6 tips to tickle your fancy

Stress at exam time doesn't need to rule your life. Many people feel overwhelmed during this period, having to revise a lot of information in a short period of time. But you can follow these tips for keeping stress at a minimum, and getting through yet another round of finals.

1) Avoid stressful people: Stress is contagious, and having people around you who freak you out will not do well for your revision skills.

2) Food for thought: What you eat can affect how well you study, and a healthy diet can do wonders for your brain.

Top Food:

Fish – rich in Omega 3 oil, it will boost your energy and increase learning ability.

Fruit – increases

blood flow to your brain and helps you recall information quickly.

Vegetables – help to store memory, and increase communication between brain cells.

Chocolate – It's not all boring food – chocolate boosts endorphins in the brain which help you concentrate. It also improves your mood, making you less moody and more positive

Nuts – Rich in vitamin E, which boosts your brain power and also improves motivation.

3) Resisit: Distractions are everywhere, from friends wanting to go out to your favourite programmes on telly. These will all tempt you to blow off your studying. Just be selfish

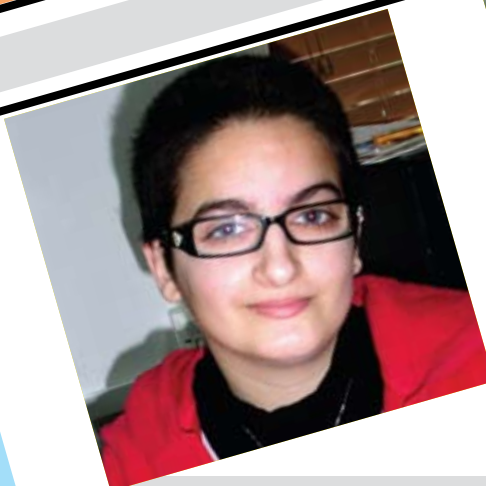
for a while and focus on your exams for a couple of weeks.

4) Take breaks – a small break every hour or so will rest your brain and keep you more focused when you are doing work.

5) Exercise – going for a walk, run or to the gym is not a waste of time, it will clear your mind and help you study better.

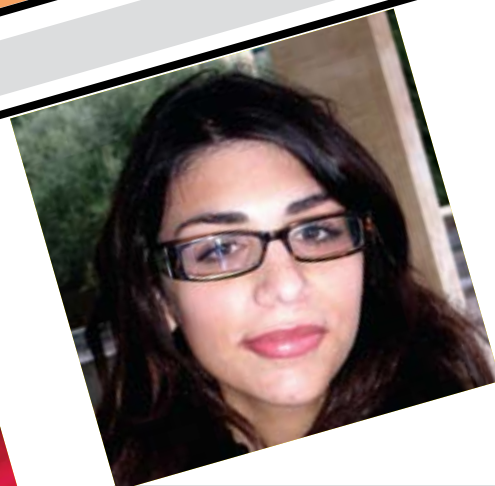
6) Limit caffeine! Coffee gives you a small lift but will make you crash and burn. Too much can make you sick, unable to sleep or think properly.

1. What is the first word that pops into your head when we say EXAMS?
2. What do you find is the best way to study?
3. Did your eating habits change?
4. Do you have any specific rituals you do before an exam for good luck?



Nerissa, Accountancy, 4th Year

1. Sleepless Nights
2. I write down everything, I practically re write an entire book – as long as when I'm reading, it's my handwriting.
3. Well, I wake up at 3:30 am and sleep at 8:00pm so my eating habits have changed drastically – I've changed my entire schedule
4. I make I don't meet any of my class mates because they make me nervous



Michelle, Law, 1st Year

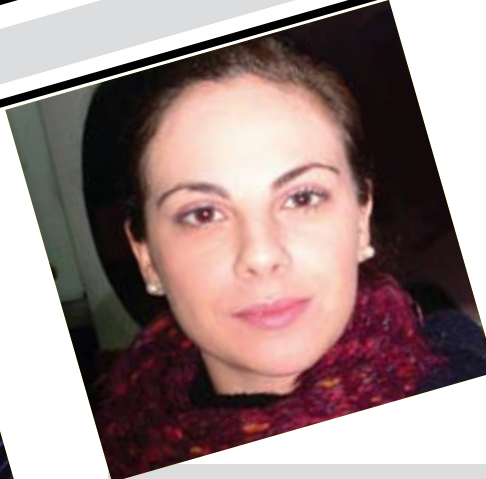
1. Depression
2. Alone at the library, there are way too many distractions at home
3. Loads of junk food, w
4. No not really, just luck

“The more studying you do for the exam, the less sure you are as to which answer they want.”



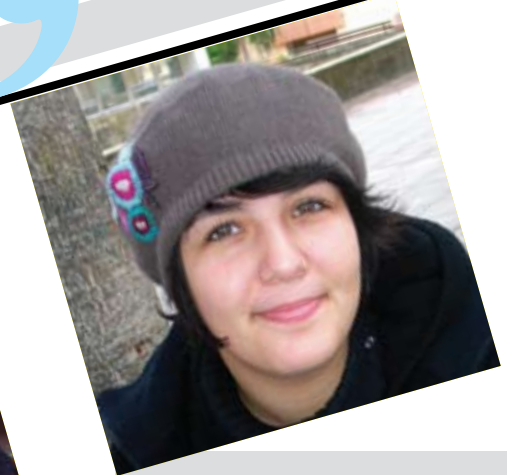
Jan, Law, 1st Year

1. Extreme Stress
2. Alone at home – in the dead of night so that there will be absolute silence
3. My eating habits are disastrous, I feel too sick so don't end up eating much at all
4. Nope



Jess, Architecture, 3rd Year

1. Stress aye
2. With people in a group, never alone !!
3. My eating habits involve hot chocolate and croissants for breakfast .. and not much else
4. No



Clair, B.Ed PSD, 1st Year

1. Nerves !!
2. Mind mapping – from 7pm till 1am
3. Cravings- loads of chocolate as my midnight snack
4. I carry my notes everywhere.

“I survive on Red Bull, coffee and cigarettes alone!”

Need Excitement

Need Motivation

Need Energy

Need to know how

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