



STUDYING KEEPING THE BALANCE

Your wellbeing is important and you need the right balance between studying and relaxing. Feeling anxious about your revision and upcoming exams is perfectly normal, in fact it shows you care! The right levels of stress are required for peak performance, if it were easy you would be bored and not learning anything new!

***Activity:** Reflect on the statements below and answer Yes or No. Count up the “Yes” responses and read the evaluations below.

I take regular breaks between study sessions.	Y/N
I feel on top of things.	Y/N
I am aware when I am getting stressed and I do something about it.	Y/N
I have friends who support me.	Y/N
I have hobbies that I enjoy on a weekly basis.	Y/N
I know how to relax.	Y/N
I know my limits.	Y/N
I make sure that I am getting enough sleep every night.	Y/N
I have a positive attitude towards my exams and to learning in general.	Y/N
I watch what I eat to keep my body and brain healthy.	Y/N

0-3 Yes Answers

You need to find new ways to create a better balance and turn these “no” answers into “yes” ones. Being balanced and healthy makes you more equipped to deal with stress and achieve good results in your exams.

4-6 Yes Answers

Generally the balance is working but there is room for stress to build. Maintain the routines that are working well for you and look at some of your “no” statements again to see if you can turn them into a “yes” in the future.

7-10 Yes Answers

If 7-10 statements here are true then the balance is being well maintained. It means that you can cope with things for now. Well done, keep it up and repeat this quiz regularly to check you are still on the right track.