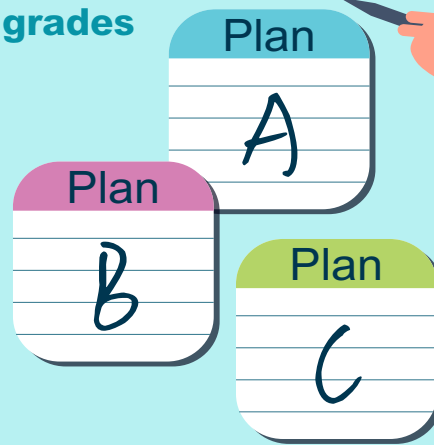


I'm stressed about exams.

What can I do?

Match goals and expectations with your ability

- Plan according to different grades that you may obtain



Make use of timetables

- Plan your study schedule
- Remind yourself to have leisure time

Maintain physical and mental health



Sleep



Balanced diet



Sports

Use relaxation techniques to help you relax a little bit right before exams

