

**8 Common Situations while Preparing DSE**



**Feel Sleepy**



**Mind Goes Blank**



**Insomnia**



**Distraction**



**Ruminating Negative Thoughts**



**Can't Remember Anything**



**No Time to Study**



**Low Motivation**



# How to get motivation to study?

## To clarify your thoughts

No matter how hard I try I don't get better !

I have no hope to university !



Solve the problem step-by-step

Seek help from your peers in a study group, teachers or other senior students

???

Less Self-doubts



Progress of revision is a personal process, just like a running race. Follow your own pace

Start with a topic that you feel confident



More Self-encouragement



GAS

It is never too late to start !

8 Common Situations while Preparing DSE -1/8  
More information:  
[Emotional Health Tips](#)  
[Student Health Service, DH](#)

# No time to study for exams?



Start with the most important tasks



Set priorities and be more efficient



8 Common Situations while Preparing DSE -2/8  
More information:  
[好心情 好狀態 積極備戰DSE](#)  
(Chinese only)

[Emotional Health Tips Student Health Service, DH](#)

# How to deal with insomnia ?

## Human ≠ Computer

We can't switch to 'Sleep' mode immediately



Engage in relaxing activities before bedtime

For examples :

[Progressive Muscle Relaxation Exercise](#)

(Chinese Only)

← Click here!!



[Body Scanning](#)

(Chinese Only)

← Click here!!



## Adopt Sleep Hygiene

1. Don't study in bed.



2. Do something else if you can't sleep

(No electronic screen products during these periods)



Insomnia

8 Common Situations while Preparing DSE -3/8  
More information:

[Sleep: A Basic Health Necessity-CHP](#)

[Let Children Sleep More Fight Obesity -CHP](#)

[Emotional Health Tips](#)  
[Student Health Service, DH](#)



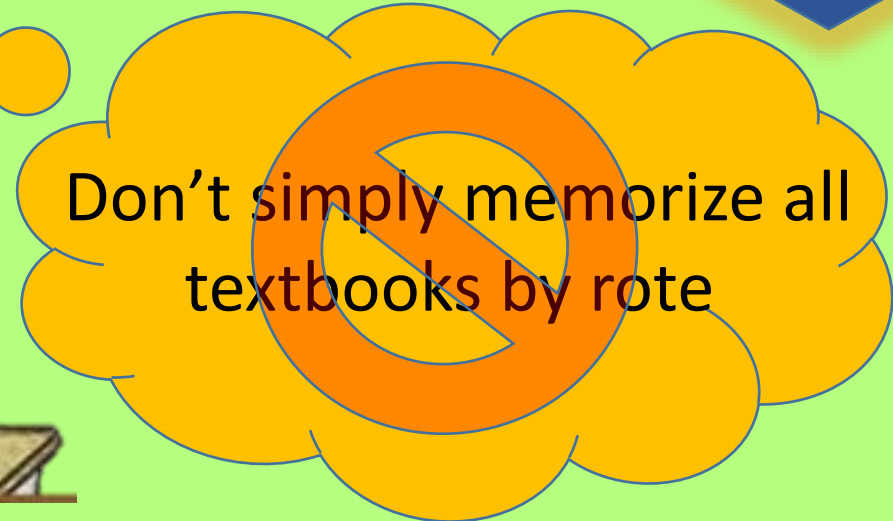
# Can't remember anything while studying , what can I do ?



✓ Active revision  
e.g. make a summary



✓ Testing yourself  
e.g. create a list of questions relating to what you've just revised



✓ Set short-term & medium-term goals



8 Common Situations while Preparing DSE -4/8  
More information:  
[奮發時刻 DSE：文憑試減壓有辦法 \(Chinese Only\)](#)  
[Emotional Health Tips Student Health Service, DH](#)

# During exam, my mind goes blank What can I do ?




Relax !  
Take a deep breath



**Breathing Exercise** ← Click here !!  
(Chinese Only)

Don't force yourself to  
answer the questions  
immediately



Do Your Best and  
Don't Regret!!

Cheer yourself up with  
positive self-talk

A+++++ 100/100  
? ? ?

Remind yourself that  
"There is no perfect answer!"  
Just try your best

8 Common Situations  
while Preparing DSE -5/8  
More information:  
[Emotional Health Tips](#)  
[Student Health Service, DH](#)

# How to avoid sleepiness while studying?



Feel Sleepy



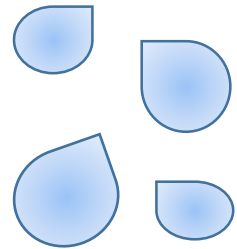
Inadequate Sleep

Change the current state

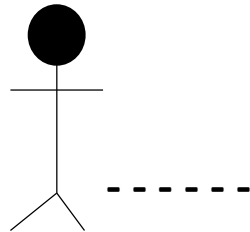
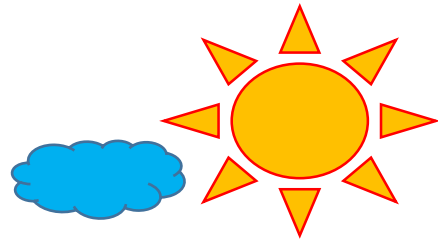
Develop a good sleep schedule



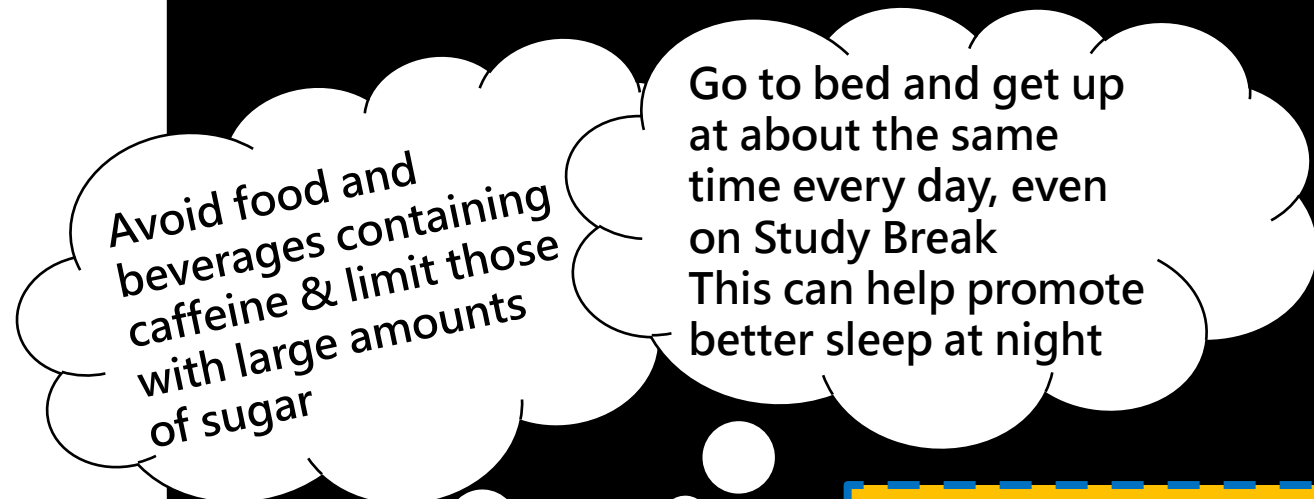
Take a Nap



Wash Your Face



Go for a Stroll



8 Common Situations while Preparing DSE -6/8  
More information:  
[Sleep: A Basic Health Necessity-CHP](#)  
[Let Children Sleep More Fight Obesity - CHP](#)  
[Emotional Health Tips Student Health Service, DH](#)

# How to stop negative thoughts?

Change “Worry” to “ Solvable Problem”

Change “I will ruin my future if I fail in this exam” to →  
“ How can I schedule my time to do the revision effectively?”



-VE -VE -VE  
-VE -VE  
-VE -VE

Ruminating  
Negative  
Thoughts

Remind yourself that “The worst thing may not happen... **I may be worrying too much.**”



If the worries cannot be changed to something that can be solved immediately, you can set up a “Worry Time” to shorten the time spent on worries in your daily life .

Click here !!

STOP



8 Common Situations while Preparing DSE -7/8

More information:

[奮發時刻 DSE：文憑試減壓有辦法 \(Chinese Only\)](#)

Emotional Health Tips Student Health Service, DH



# How to overcome distraction while studying?



## Identify the external distractions

Social media updates?



Chit chat ?

Texting with friends?



Watching videos or listening music ?



## Set clear rules and regulations

For example :  
Keep your mobile phone off before 8:00pm.



A concrete plan helps you meet your target



## Boost your motivation by rewards

Ups and downs are expected during the DSE preparation stage

Let's cheer yourself up with some rewards when you meet your target



Good Luck to All DSE Students~!

8 Common Situations while Preparing DSE -8/8  
More information:  
[Emotional Health Tips](#)  
[Student Health Service, DH](#)