ADDITIONAL SUPPORT
If you’re stressed, or struggling with other aspects of emotional wellbeing, you can:
• Make an appointment with a Counsellor in Student Services.
• Make use of other self-help resources – the Counselling Service also produces a leaflet called 'Learn to Relax'.

On each campus, you can contact the Counselling Service as follows:

Ayr Campus
Student Link, Student Services
T: 01292 886 005
E: counselling@uws.ac.uk

Dumfries Campus
Student Link, Dumfries & Galloway College Building
T: 01387 345 825
E: counselling@uws.ac.uk

Hamilton Campus
Student Link, Almada Building
T: 01698 894 448
E: counselling@uws.ac.uk

Paisley Campus
Student Link, Elles Building West
T: 0141 848 3803
E: counselling@uws.ac.uk

We aim to be accessible to all users. If you require support to access any of our services, please let us know. We are happy to make this publication available in an alternative format.
Exam stress can take many forms. It can hit before, during, or after the actual exam. Minds can go blank, and carefully memorised facts can disappear out of consciousness. For some, panic can set in at the very thought of exams. For others, depression may kick in after an exam is over.

Is stress a bad thing?
Stress is the body’s normal response to a challenge, threat or excitement. The physical symptoms associated with stress are caused by the presence of adrenaline, produced to prepare the body for ‘fight or flight’. A certain amount of exam stress can be used as a motivating force. However if adrenaline levels become excessive unpleasant physical symptoms take over. The natural way to reduce adrenaline levels, and consequent symptoms, is to take part in physical activity - this will use up the adrenaline and additionally you will benefit from the release of endorphins - a natural high!

How does stress occur?
Stress can occur whenever you fear that you don’t have the resources to meet demands that you face, and meeting those demands matters to you. Exams are a classic example.

What can I do to reduce exam stress?
Recognise when you surpass a level of stress that is motivating. Get to know the physical signs that you are stressed. Remember that stress is a normal response and learn to cope by:

• Thinking positively
• Learning stress reduction techniques
• Using specific study tips for revision
• Sharing your experience
• Exercising in whatever way suits you

Tips for Exam Day
• Don’t work all night before
• Prepare all your equipment in advance
• Know where and when your exam is
• Avoid coffee and nicotine
• Leave plenty of time to arrive
• Do some relaxation techniques

General Tips
• Believe in yourself
• Be realistic
• Take steps to overcome problems
• Don’t keep things bottled up
• Keep things in perspective
• Exercise and eat well
• Use professional support: that’s a sign of strength, not weakness

Academic skills support
The University’s Effective Learning Team can assist you in the development of a wide range of academic skills including: academic writing; referencing and avoiding plagiarism; critical analysis; studying and exam techniques; presentation skills; and Personal Development Planning (PDP).

You can arrange an appointment with an Effective Learning tutor, go along to a drop-in, or alternatively access online support from a tutor. Online guides on a range of topics are also available. For further information see: http://www.uws.ac.uk/about-uws/services-for-students/student-support/effective-learning/