

Stress and Students

Stringent educational requirements, busy schedules, relationships, and money issues are just some of the things that lead to considerable stress for students. Here are some tips, tools, and school and community resources that students can use to learn study skills, prepare for exams, and minimize their stress levels.

Manage Time Wisely

It's important to give yourself plenty of time to work on your studies if you want to do well, and you can save yourself a lot of stress if you plan ahead with good time management skills. Setting up a schedule for study, breaking up your studies into smaller chunks, and other time management skills are essential.

Get Organized

Have a system of organization for note-taking, keeping track of assignments, and other important papers. Being organized can bring you the peace of mind that comes from knowing where everything is, remembering deadlines and test dates, and clearing your mind of some of the mental clutter that disorganization brings. Keep a calendar, a schedule, and a filing system for your school assignments, and you'll find it prevents a significant amount of stress!

Create a Good Study Environment

Creating a soothing environment can reduce stress and help you learn. Aromatherapy, for example, is a known stress reliever, and peppermint essential oil is said to wake up your brain, so I recommend burning it as you study. Playing classical music as you study can also soothe you and help you learn.

Know Your Learning Style

Did you know that we don't all learn in the same way? It's important to know whether you're a visual, kinesthetic or

auditory learner, as you can tailor your study practices around your particular learning style and make success easier to attain.

Practice Visualizations

Visualizations and imagery are proven stress management techniques. You can also reduce student stress and improve test performance by imagining yourself achieving your goals. Take a few minutes each day and visualize, in detail, what you'd like to happen, whether it's giving a presentation without getting nervous, acing an exam, or something else that will support your success. Then work hard and make it happen!

Develop Optimism

It's been proven that optimists—those who more easily shrug off failures and multiply successes—are healthier, less stressed, and more successful. You can develop the traits of optimism and harness these benefits for yourself, and do better in your studies as a result.

Get Enough Sleep

If you want your performance to be optimum you need to be well-rested. Research shows that those who are sleep-deprived have more trouble learning and remembering, and perform more poorly in many areas. Work your schedule so you get enough sleep or take power naps.

Learn Study Skills

Teachers, counselors, and librarians all offer a variety of materials on good study strategies. Ask for help from resources at your school and invest some time in finding the strategies that are right for you.

Use Stress Management Techniques

Chronic stress can actually impair your ability to learn and remember facts as

well. A regular stress management practice or two can reduce your overall stress level and help you to be prepared for whatever comes.

Resources

Please contact your school counselor for any assistance or further information.

