

# TOP TIPS TO MANAGE ACADEMIC & EXAM STRESS



Create a  
**REVISION**  
timetable

**Make an achievable timetable  
to keep you on track**

Speak to Angela or your student tutor for support in creating one that meets your needs & goals

Find  
somewhere  
comfortable  
to study

**Pick somewhere with minimal  
distractions**

Worthing College has dedicated learning zones and a bespoke library for you to access

Talk about  
your  
feelings

**Felling anxious is normal!**

You can access support from Angela Kemp, the Wellbeing Team and our free counsellor to talk things through with

Exercise  
&  
eat well

**Self-care is key**

Avoid fatty and sugary foods as this can lead to low energy levels and reduced focus. The college gym is free for international students

Get plenty  
of  
sleep

**Allow 30 minutes to wind down  
before you go to sleep**

Keep an eye out for free workshops at the college and get the right amount of rest for your body & mind

Reward  
yourself  
&  
have a treat

**Do something that makes you  
happy**

Organise a trip, buy something you want or spend quality time with your friends - whatever makes you happy