

# How to handle the stress caused by the exams?

I've had the possibility to talk with two students who are familiar with exams, and it seems it's natural to feel stressed, but there are lots of ways to avoid a blackout during the exams.



We all know how stressful exams can be. We all want to successfully pass the exams. We sometimes also have no idea what we want to become in the future and because of that we can fear written and oral tests, thinking we can't achieve anything in our life in case of failure. Furthermore, stress can lead to insomnia and sickness, if nothing is done against it. That's why reading the experiences of students who have already passed exams would be very helpful to handle stress more efficiently and to know that all people have already done such a thing and that they all had the same problems.

First of all, I've interviewed a student named Adil Abdanne who has just passed his Bachelor this year. He was in the biology and chemistry section. The first step is what and how you prepare before an exam. He told he began revising for his exams 2 weeks before the fatidic moment, spending his mornings working on his lessons, because he's more concentrated at this period of the day. There is no specific routine he used to do, although he read his lessons and practiced afterwards by doing exercises. He didn't need the help of his family. According to him, we have to be well-organized to be more efficient. It seems that there are some exams for which you could still pass without learning too much, because Adil asserts he didn't do much for his French and English exams, and also for other subjects. The next step is the written exams. He had 4 subjects, math, chemistry, French and German, and all the exams were between 3 and 4 and a half hours long. The math exam surprised him, and he had a pretty bad feeling for this subject and for German, but a good feeling for the 2 other subjects. Although he has no routine to handle the stress during the exams, he didn't need any sort of medicine to succeed in the tests. The day before the exams, he was naturally very stressed but he could relax and so he successfully passed his exams. He still had to do an oral exam in German 2 weeks after the written exam, which was more stressful than the other one. If you learn and are concentrated, you should pass it without any problem, you just need to stay polite and act naturally, Adil entrusted me, not to forget that the teachers assessed you a bit. The last step is the results. I was very happy when I knew I succeeded, he said. His family was of course very proud. The award ceremony is also very important because the Bachelor is a great achievement that needs to be celebrated. Happy to leave school time behind, he's planning to study medicine and is going to miss his friends most.

Last but not least, I've had the opinion of Lilas Mauborgne, who is studying at the university of Saarland for 2 years. She agreed to share her personal experience with me. The exams of the university also seem scary and pretty hard, and that's the good moment to learn a bit more about that. Studying computational linguistics, she has passed exams far more difficult than the Bachelor. She works a bunch of hours or days during a week or two depending on the exam. Working on afternoon and morning, she first summarizes the lessons then practice with exercises. Her family sometimes helps her, still she can focus on her own in a library or in learning rooms in the university. The exams last approximatively 1 hour and a half, and sometimes, you can be surprised by what they want you to do. Lilas often has different feelings due to a lack of self-confidence, but in the end it's ok, although the feelings depend on the exams. During the exams, Lilas gave us a tip she uses to do. First, you should read the whole sheets and quickly see what you can do the best, so that you can be more confident and have more time to do the exercise that are more difficult. The day before the exams, I try not to think about it and not to worry too much, Lilas told me, and I don't learn anymore. Of course, stress can be an interference during an exam, but breathing slowly and deeply helps concentrating. There are almost no oral exams, but there is approximatively 1 week between the written and oral part. Oral exams are of course way more stressful than the written ones, and the routine Lilas uses to do is just not to worry about it too much, and after that, she's feeling quite ok. Teachers should help the student to calm down a bit or at least try to understand him, she said. I'm often disappointed when I learn the results, because I think I could have made it better, she attested, but if I failed, I try to convince me it's not that important and I can learn from my mistakes and I'll do better next time. Her family is always happy when she succeeds, but the grades are not that important to them.



In conclusion, exams can be very stressful, but we can find routines to calm down. But there are not impossible and we can all pass them. A good organization can be very helpful, so can be our family. There is also the possibility to talk with specialist if the stress is too big, but we can all pass our exams and achieve what we want to. We are sometimes disappointed and think we could have done it better, but there is still a way to do better next time. So, don't worry too much, find your own ways to learn and succeed in your exams!

Thanks to Lilas Mauborgne and Adil Abdanne for their participation. This article was written by Thibault Torris.