THE NEW SCHOOL
A UNIVERSITY

COPING WITH EXAM STRESS

Many of you will be turning in final papers and taking exams in the next few weeks. Here are some ideas to help you prepare.

1. Make a list of all the dates your papers are due and when final exams will be held.
2. Try to understand what you are expected to know and/or demonstrate in each exam or paper. Ask your teachers, academic advisors and tutors.
3. Know the rules for academic honesty for the university.
4. Seek help from the writing center and your advisors on the requirements for your papers and how to avoid plagiarism.

   University Writing Center
   65 Fifth Avenue, Room 105, (street level)
   New York, NY 10011
   http://www.newschool.edu/admin/writingcenter/
   Open weekdays Monday-Friday, 10:00 a.m.-6:00 p.m., throughout the academic year, except for university holidays.
5. Go to class.
6. Make a schedule for your study. Try to study for a few hours each day, rather than trying to learn/memorize everything the night before.
7. Make sure that you include time for breaks and time to eat and sleep as well as time for focus on studying.
8. Try not to be distracted by activities that will not help you to focus on your work like talking on your cell phone, answering email and surfing the web.
9. Find a quiet, well lit space to study in.
10. Find a study method that works for you whether this is writing a chart, using acronyms, acrostics or diagrams.
11. Practice.
12. Eat well and regularly. Avoid stimulants.
13. Do regular exercise.
14. Take regular breaks.
15. Be confident. Visualize yourself passing the exam or writing a great paper.
16. Ask for support if you are struggling to get everything done.

International Students -If you have questions or concerns, call International Student Services at 212 229 5592 and we'll do our best to help. Good Luck!

SAVE THE WEEK: SEEK RELIEF WEEK, MAY 5-9, 2008. ... exercise, fitness, stress management, time management, substance use, etcs. ...
www.newschool.edu/news.aspx

If you are feeling ill during this stressful period or if you just wish to speak to someone, feel free to contact Health and Counseling Services - 212.229.1671 option 2 or visit:
http://www.newschool.edu/studentservices/health/counseling_services.aspx

All matters discussed with Health and Counseling Services is strictly confidential and will not be shared with any one. To learn more on your own please visit - http://www.ulifeline.org/main/Home.html

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http://www.newschool.edu/studentservices/international/ or email us at ISS@NewSchool.edu