



**CHARTERED
ACCOUNTANTS
IRELAND**
STUDENT SOCIETY ULSTER

*1st
May*

*Bullit
Hotel*

Worried about
exams?

feeling more
anxious as study
leave approaches?

You are not alone.

Anxiety, Stress, Depression:

**1 in 4 suffer from a mental
health condition**

CASSU are hosting an evening on
Combating Exam Stress, the
importance of reaching out to
friends and some handy exam tips.

in partnership with:





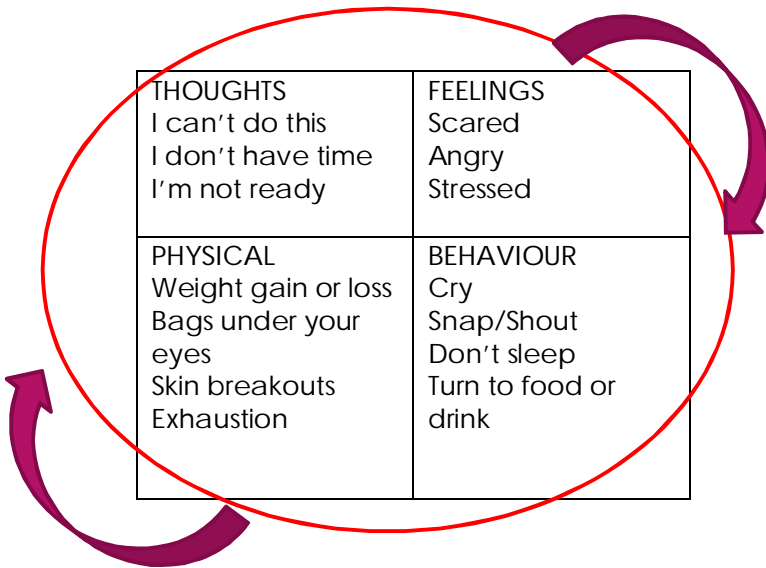
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WHAT IS STRESS AND HOW CAN WE TACKLE IT?

What stresses us out? Exams, Work, Other people?

When we get stressed we operate in 4 categories:

THOUGHTS I can't do this I don't have time I'm not ready	FEELINGS Scared Angry Stressed
PHYSICAL Weight gain or loss Bags under your eyes Skin breakouts Exhaustion	BEHAVIOUR Cry Snap/Shout Don't sleep Turn to food or drink



One leads to another, to another turning into a vicious circle and we just keep spinning!

We all have our own unique 'early warning signs' which tell us we are getting stressed, this is when we must HALT.

Hungry?

Angry?

Lonely?

Tired?

Are you any of these things? If so address them; have a bite to eat, take a break, speak to someone and *break the cycle*.

We are most in control of our problem at the THOUGHTS and BEHAVIOUR stages of the circle.

What can we do to break the cycle?

- § Take a break
- § Do some exercise
- § Speak to someone
- § Change how you look at the problem – not 'I can't do this' but I need help to do this or I can do this if I.....

Being stressed is a thought taking over you which continues to say I CAN'T COPE.

When you challenge this thought you can tackle your stress.

Challenge this thought by breaking it down;

- What is driving my feelings?
- What is one small thing I can do to make this more manageable?
- Who can I ask for help?
- Take a break

Remember...

- Identify your early warning signs
- HALT
- Break the issue down
- Think differently
- Remember you are more than this one event- if exams are too much, see your friends and family, read, listen to music





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EXAM PREPARATION AND APPROACH

We all started on a journey this year to pass our exams, how many of us have gotten a little off track?

When we lose our way our problems seem bigger than they really are and we underestimate our ability to deal with the issues.

Key points to remember!

- § Most people pass first time
- § The examiner wants you to succeed (Yes, really!)
- § Help the examiner help you:
 - § Use the examiner reports from prior years to highlight key issues
 - § Show your workings = scoring method marks
 - § Presentation / professional marks
 - § Attempt every part of a question – there are always a few “easy” marks

Where are you now and how can you succeed?

- § Remember, you have time!
- § Understand the key concepts for each subject

§ Practice the skills you will need on the day (aka practice past papers *in exam conditions*):

§ Read the questions carefully – answer the right question not the one you want to answer!

§ Manage your time ruthlessly- make a plan and stick to it

§ Sequence the questions – start with something that will boost your confidence

§ Take advantage of the mock exams

§ Open book exam? Less is More and avoid giving generic answers, you will only get marks if you relate to the case.

The most important things to remember as exams approach are to:

§ Make use of the time you have left

§ Look after yourself – you have to perform all week so take a break and make sure you get enough sleep!



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