

Name _____

Strategies for Coping with Stress During Exam Season

Open-Ended Response Questions

1. Share a personal experience of a time when you felt stressed during an exam. How did you cope with it?
2. Explain why positive self-talk is important during exam season and give an example of positive self-talk.
3. Describe what a balanced meal includes and why it's important for studying.
4. Can you think of another situation in life where staying organized can be helpful? Explain why.

