

Name _____

Strategies for Coping with Stress During Exam Season

Open-Ended Response Answer Key

1. Example answer: I felt stressed during a math exam, so I took deep breaths and reminded myself that I had studied and could do it. It helped me stay calm and focused.
2. Example answer: Positive self-talk is important because it boosts confidence and reduces stress. An example is telling yourself, "I can handle this exam; I've prepared well."
3. Example answer: A balanced meal includes fruits, vegetables, whole grains, and lean proteins. It's important for studying because it provides the energy and nutrients your brain needs to function effectively.
4. Example answer: Staying organized can be helpful in daily tasks like getting ready for school. It ensures you don't forget important items and saves time in the morning.

