

Dear Melissa,

It is normal to feel nervous or even restless before the exam, but you are not alone. Exam makes up part of our student life and so does the stress that comes with it/ our parents have expectations, and we want to do well, too! The good news is there are many good ways to cope with the stress. Let me share those that work for me.

You said that you had too much to study. You may study early before the exam and set a timetable so as to decide what you study every day and study bit by bit every day. Also you may set realistic and measurable goals. Second you should look at the exam timetable so that you know which subjects to study first.

Next, your second problem is about you don't understand everything taught in class. I suggest you can look at the exam scope carefully and write down clearly what you do not understand. Ask your teacher for help as soon as you can also, you can do more practices so as to familiarize yourself with different question types. Another advice is you can join a study group so that you and your friends can dissolve the problems for each other.

The third problem is you feel too stressed to concentrate or sleep. Why don't you do some exercises before you sleep or relax yourself. Also you may talk to the school counselor.

The last problem is that you feel panic and forget everything during exam. Try to sit in the exam hall, you are reminded to take a deep breath and relax. Go over the main points in your head so that your mind will not go blank.

I hope you find these tips useful. Do write again or give me a call if I can help you in any ways. I am sure things will work out in the end.

All the best,  
Chris