

# Wellbeing: Coping with Exam Stress

## Course overview

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Do you get worried and stressed about exams and assessments? Do you feel like your stress results in a poor result?

If so this is the course for you. It will help you to decrease your worry and stress levels and provide techniques that you can use to help calm you down before and during exam time.

## What will I study?

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You will:

- Find out what actually happens in your body when you are stressed and the different ways we can change this
- Specifically identify you react to stress and worry and select the best strategies for yourself
- Practice proven techniques for calming and de-stressing

## Assessment method

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You will participate in activities, discussions, Q&A and receive verbal feedback from the tutor throughout the workshop and put into practice the principles covered.

## Entry requirements

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This course is open to all.

## What should I bring with me?

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You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

## Key information

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## Possible next steps

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During this course, you will be given advice and guidance on other courses suitable for you and your personal goals.

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722