Guide to exams with less stress

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The Exam period is a time when stress levels are higher than usual. Stress can be positive and help you stay motivated and focused, however, too much stress can be unhelpful and it can make you feel overwhelmed, confused, exhausted and edgy. To help you prepare for exams UNSW has created the Guide to Exams with Less Stress.

We recommend you watch this 2 minute teaser video for an insight into exam stress on other UNSW students and their tips for coping.

For more tips and resources please see the full guide to exams with less stress.