

Tomorrow's Facebook Friday Online Chat tackles Exam Stress

EXAM

**SADAG'S
#FACEBOOKFRIDAY
ONLINE Q&A**

30 October 2020

Exam Stress

**1-2pm Lucy Robinson
Educational Psychologist**

**7-8pm Safiya Bobat
Educational Psychologist**

Facebook Page: The South African
Depression and Anxiety Group

Log in via: www.sadag.org

Dr.Reddy's

Join 1pm-2pm & 7pm - 8pm expert Q&A on how to cope with Exam Stress

Whether it's matric exams or Grade 7 exams, writing exams and the stress that comes with it, is very real. For some, the pressure helps keep them focused, for others, the stress and anxiety hinders performance and leaves them feeling more overwhelmed each day. The COVID-19 pandemic meant that many schools had to close down, resulting in learners having to attend online classes which caused much anxiety and uncertainty, making end of year exams that much harder for many students this year.

Society places huge pressure on learners to perform well which can create stress that is not only unhealthy, but counter-productive too. During exams, learners need their mind and body to be healthy and strong. If you feel like you (or someone you know) may be struggling during this time, SADAG's Facebook Friday chat this week is about how to deal with exam stress.

For expert help and advice, join Facebook Friday FREE online Q&A to ask any questions you may have on dealing with stress related to anything

from relationships, to work, to exams or family issues – Get FREE online advice, help and tips from experts directly. The chat this afternoon between 1pm – 2pm is with Educational Psychologist Lucy Robinson and the evening chat between 7pm – 8pm will be with Educational Psychologist Safiya Bobat.

To join these expert chats, LIKE SADAG's Facebook Page: [The South African Depression and Anxiety Group](#) or go to www.sadag.org. Facebook users that would prefer to remain anonymous, can send their questions via a private message for SADAG to ask on their behalf.



Some tips to help exam day go smoothly

- Work out what you need to take with you on exam day and organise this the night before.
- Eat before the exam – something light like crackers and cheese is ok. This helps with energy and concentration.
- Go to the toilet before the exam starts.
- Instead of cramming outside the exam hall, rather spend some time focusing on your breathing.
- When you sit down to do your exam, take time to slow your breathing and relax.
- Read through the exam paper carefully. Underline key words and instructions.
- Work out how long you have for each question or section – remember the rule of 1 mark = 1 minute.
- Work on the questions that you find easiest first.
- Aim to have time to re-read answers through and to make any changes



How to get help

For telephonic counselling, guidance and support, contact SADAG on 0800 21 22 23. 0800 456 789, or SMS 31393. Open 7 days a week.

Facebook Page: [The South African Depression and Anxiety Group](#)

Website: www.sadag.org