

**Promoting the academic performance of  
Ukrainian university students: Effective  
approaches to improve  
learning and academic performance of  
Ukrainian university students**

**LESSON 9**

***MANAGING EXAM STRESS AND IMPROVING  
TEST-TAKING SKILLS***

Perceptions of Inclusion, well-being and Identiflcation with  
the European Union in Ukrainian university students



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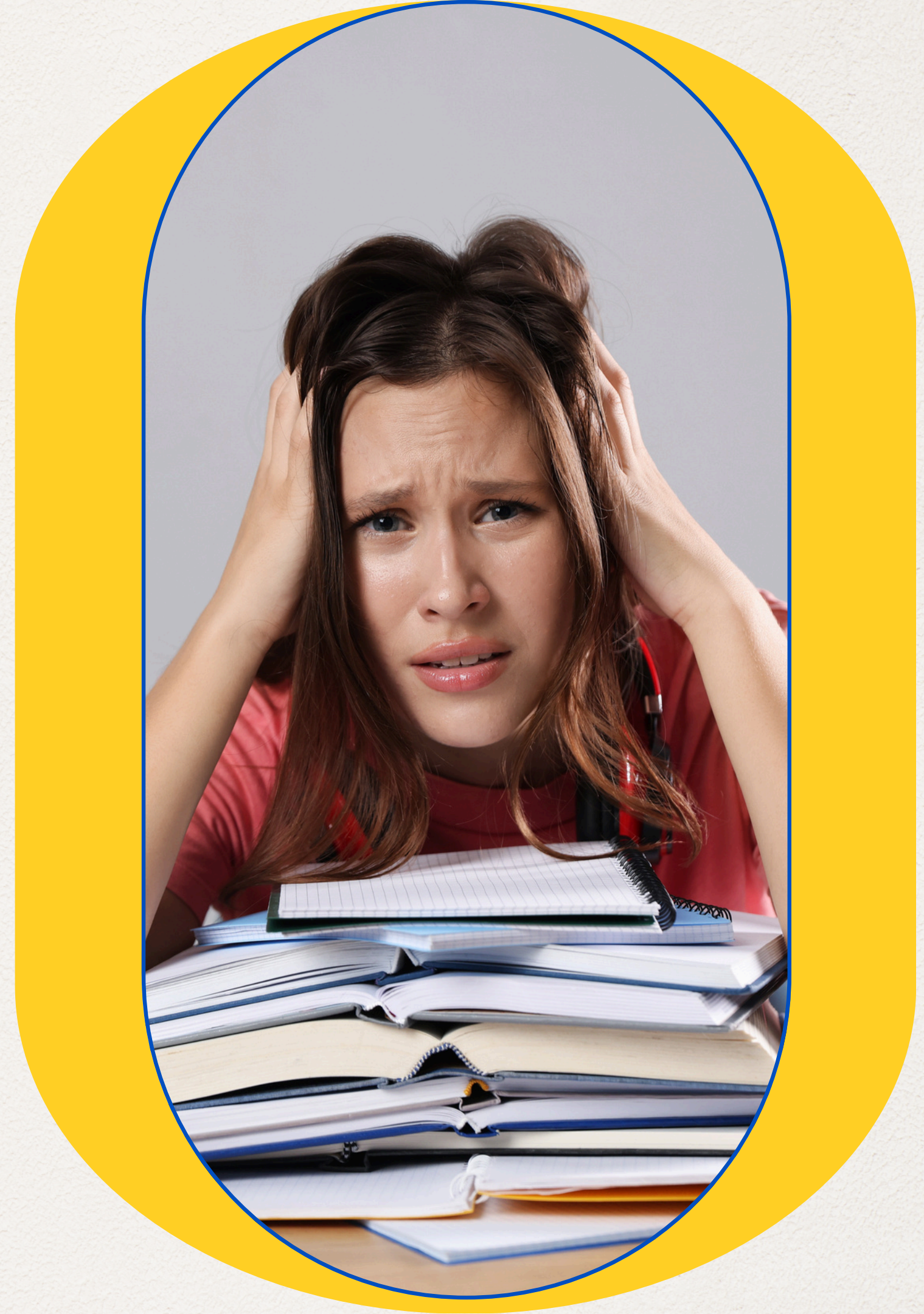


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# Understanding Exam Stress

- Exam stress influences academic performance
- Moderate stress may improve focus
- Excessive stress reduces efficiency
- Awareness helps in stress management



# Effects of Stress on Academic Performance

- Impairs memory and information retrieval
- Reduces concentration and clarity
- Affects decision-making ability
- Increases emotional tension



# Gradual Preparation vs. Last-Minute Study



- Gradual preparation builds confidence
- Last-minute study increases anxiety
- Consistency improves retention
- Planning reduces uncertainty



## Planning and Organizing Study Sessions

- Create a structured study calendar
- Divide material into manageable sessions
- Include scheduled breaks
- Maintain consistent study routines





# Prioritizing Subjects and Tasks

- Focus on challenging topics first
- Allocate time based on exam importance
- Set realistic daily objectives
- Avoid overloading one study session



# Practical Study Planning Techniques

- Apply the Pomodoro technique
- Set SMART goals for each study day
- Review progress weekly
- Adjust schedule when necessary




# Anxiety Reduction and Relaxation Techniques



- Practice breathing exercises
- Use mindfulness strategies
- Apply short meditation sessions
- Incorporate regular relaxation breaks





# Breathing and Visualization Techniques

- Use 4–7–8 breathing before exams
- Visualize successful performance
- Practice positive self-talk
- Reduce physical tension consciously

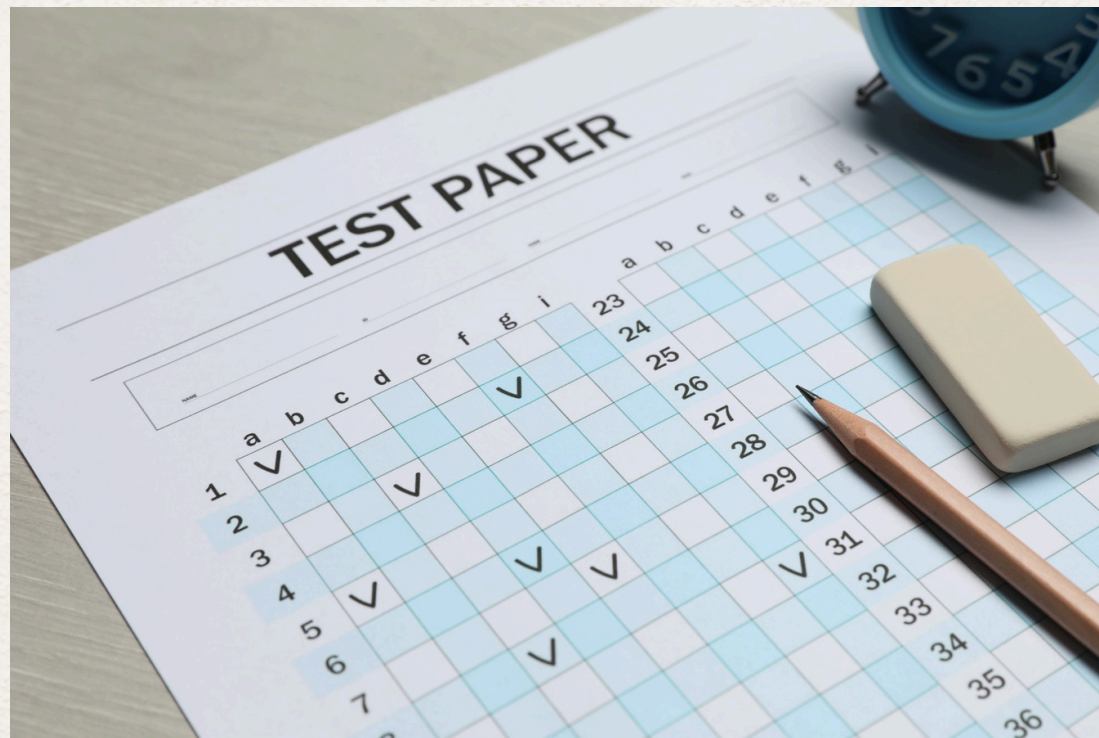




## Relaxation During Study Sessions

- Take short mental breaks
- Stretch or move between sessions
- Maintain healthy sleep patterns
- Balance study with rest

# Strategies for Taking Tests and Exams



- Read instructions carefully
- Manage exam time effectively
- Maintain focus throughout the test
- Stay calm under pressure



# Smart Question- Answering Techniques

- Scan all questions first
- Answer easier questions initially
- Allocate time for difficult items
- Review answers if time permits





# Practicing Exam Simulation

- Simulate real exam conditions at home
- Set time limits for practice tests
- Evaluate pacing and timing
- Identify weak areas before the exam



# Creating a Personal Stress Management Plan



- Integrate study and relaxation strategies
- Monitor stress levels regularly
- Adjust techniques based on results
- Maintain academic–emotional balance



# Building Healthy Academic Habits



- Include physical exercise weekly
- Maintain regular sleep schedule
- Plan recreational activities
- Balance academic and personal life



# Thank you

Any Question?

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