



ACADEMIC STRESS

Academic stress is defined as "a situation in which a student is burdened by time and energy demands to achieve specific academic goals." Stress can come from a variety of sources and have a wide range of effects on students, both emotionally and academically." Self-imposed academic stress, for example, is extremely common in children. Exams, parents, wanting to fit in with peers, and other factors can cause academic stress in a child.



TIPS TO MANAGE ACADEMIC STRESS



- Make To Do Lists
- Budget Your Time
- Create a Rewards System
- Ask For Help and Move On
- Eat healthily and consume fresh foods.
- Take time to relax.
- Seek academic support when you need it.
- Get More Restful Sleep
- Exercise
- Use Positive Self-Talk
- Take Responsibility For Mistakes
- Forgive Yourself
- Focus On What You Can Control
- Practice Good Self-Care