**« ( Christina / 1 shot ) »**

**Finals week is coming here at USA. Reporter Lindsey Bullard has some tips on how to deal with all the stress over exams.**

**« Take Nat Sound Runs.. 0:03 (pages turning) »**

**« Take VO Runs.. :0:15 »**

**Studying for exams can be really stressful. That's especially true around finals week. Some students get severe anxiety when it comes to testing. Research shows 40 to 60 percent of students have had or will have had test anxiety at some point.**

**« Take SOT Runs.. 0:20 ..one little week" »**

**« CG-LowThird\_2 Line**

**Malaya Richard**

**USA Student »**

**« Take VO Runs.. :0:07 »**

**You definitely shouldn't wait until the last minute to study. That could cause more stress. Pulling all-nighters will only make you tired when it's time to take the test.**

**« Take Video Runs.. 0:07 (Stand-Up) »**

**« Take SOT Runs.. 0:07 ..survive finals week" »**

**« CG-Talent/Reporter**

**Lindsey Bullard**

**JagTV »**

**« Take VO Runs.. :0:18 »**

**Some ways to reduce test anxiety include planning a study routine and getting at least eight hours of sleep per night. You can also use mobile time management apps to help keep track of important exams and project due dates. Some students have their own ways to cope with test anxiety.**

**« Take Nat Sound Runs.. 0:03 (person typing) »**

**« Take SOT Runs.. 0:15 ..be stressed out" »**

**« CG-LowThird\_2 Line**

**Preston Monk**

**USA Student »**

**« Take VO Runs.. :09 »**

**Eating dark chocolate also helps fight stress. You can grab a chocolate bar from Starbuck's for a quick snack as you prep for finals. For JagTV, this is Lindsey Bullard reporting.**

**« ( Christina / 1 shot ) »**

**A chocolate bar sounds great right about now. Good luck to all the busy students studying for finals over the next couple of weeks.**