

« (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.