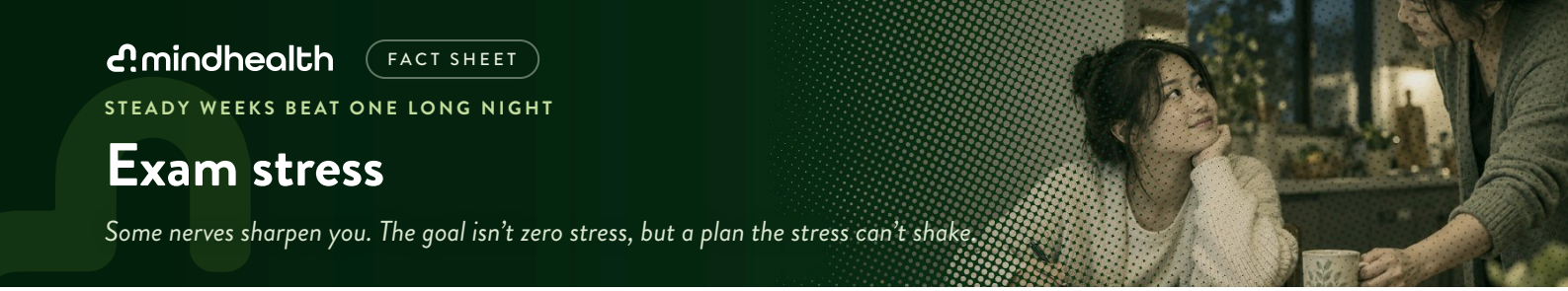
mindhealth FACT SHEET

STEADY WEEKS BEAT ONE LONG NIGHT

Exam stress

Some nerves sharpen you. The goal isn't zero stress, but a plan the stress can't shake.



Little & often
Spaced study beats cramming

Sleep is study
Memory files overnight

On the day
A plan beats panic

01 Study in a way that sticks

The two best-proven study tools are unglamorous: spacing and testing. Short, regular blocks spread across days beat marathon cramming, because each return visit tells the brain "this matters, keep it". And testing yourself with past papers, closed-book recall or explaining it aloud builds far stronger memory than re-reading and highlighting. One block, one topic, then a real break.

02 Mind the machine that sits the exam

Your brain files the day's study into long-term memory while you sleep, so the all-nighter quietly undoes much of the work it was meant to add. Protect sleep in exam weeks, keep moving, and eat before you sit down. In the room: breathe out slowly, read the paper once, start with what you know. A blank moment isn't the end: skip, return, keep going.

03 What genuinely helps

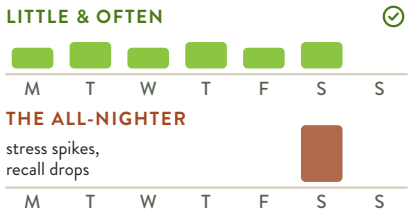
- ✓ A spaced plan: short blocks, most days
- ✓ Past papers and self-testing over re-reading
- ✓ Guarding sleep, especially the night before
- ✓ Movement breaks between blocks
- ✓ An exam-day routine you've decided in advance

A PRACTICAL STORY



THE EVIDENCE

Little and often wins



Small blocks across the week build stronger recall than one desperate tower the night before.

PRACTICAL TOOLKIT

One block, one topic

1. 25 minutes, one topic, book closed
2. Test yourself before you re-read
3. Finish each day before it's late

Consistency is the shortcut.

WHEN TO SEEK HELP

If exam worry is stealing sleep, blanking your mind, or spilling into panic, a psychologist can teach practical skills for calmer study and exam days. A GP is a good first step, so ask about a Mental Health Treatment Plan.

DID YOU KNOW?

The Yerkes–Dodson law comes from a 1908 study: performance rises with arousal up to a point, then falls.

Yerkes & Dodson, 1908

THE KEY TAKEAWAY

You can't control the paper. You can control the plan, the sleep and the start, and that's enough.

Need support right now? Lifeline **13 11 14** · Emergency **000** — available 24/7. More options: **mindhealth.com.au/urgent-help**

TALK TO US WHEN YOU'RE READY

Parramatta and online, Australia-wide · **Book at mindhealth.com.au**

1300 084 200

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