

Why Are Exams So Stressful?

THOUGHTS

"My whole future depends on this"

"If I mess this up, everything is ruined"

"I should be doing more"

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"Everyone else is ahead of me"

"I'm not as smart as others"

FEELINGS

Pressure

Anxiety

Self-Doubt

Guilt (when revising)

Fear (of failure / Disappointing others)



ARC