Managing Academic Stress and Anxiety

If you are like most students, you can expect to feel some stress and anxiety as the academic year begins. Too much anxiety can lower your performance because it can cause your mind to “blank out” or make your thoughts race so quickly that you can’t concentrate. If you suffer from debilitating anxiety, make an appointment to discuss the matter with a counsellor in Ryerson’s Centre for Student Development and Counselling.

If your anxiety is not severe, the following strategies will help you keep it to a manageable level:

- Use good learning strategies provided by the FCS Student Learning Support Team to learn, understand, and memorize important facts, formulae, and so on.

- The best confidence booster is to be prepared to learn. Go to classes and take good notes, complete all assigned readings and homework, and review material and test yourself regularly.

- Maintain your health by eating a balanced diet, getting enough sleep, exercising regularly, and taking some time off from your studies to relax or go out with friends.

- Stay positive. Look at assignments, projects, tests, and quizzes as an opportunity to apply the knowledge and new skills you are learning.

- When beginning to prepare for a text or exam, formulate a study plan that includes regular review.

- Take breaks during your study sessions to be more productive.

- The night before an exam, calmly review (do not cram) material one final time, organize all your supplies (pens, calculator, eraser, and so on), and get a good night’s sleep.