

Final Exam Stress
Students Prepare For Final Push Of Semester
By Meredith Carpio-Walker And Claire West, *Journalism I Students*

It's that time of year again and final exams are here. Late night study sessions and the pressure of succeeding in all one's exams weighs heavily on students' minds. When exams are here, so is the overwhelming feeling of stress. This is the freshman class's first ever high school exam schedule and that can be intimidating. Freshmen are learning new tactics to help deal with the new underlying feeling of stress.

"Music helps me relieve stress," freshman Hope Jung said. "I just listen to music when I need a break and I instantly feel relieved."

Returning students in grades 10-12 have learned different strategies that help them deal with stress. Even though dealing with stress during final exams is very common, students have different techniques they use to conquer it.

"Sometimes I think of an ultimate goal and push myself until I get there," sophomore Salma Escamilla said. "I think about the long term things, not the little steps to get there, and, hopefully, all the small sacrifices will be worth it."

When it comes to dealing with stress some will argue that the best option is to tackle everything you need to do head on. The key, many believe, is avoiding procrastination.

"I prefer to get everything done at once," sophomore KC Jacobson said. "I try not to procrastinate."

Students have said that doing different activities can help reduce the feeling of overwhelming stress, about exams such as listening to music or working out.

"Listening to music helps relieve my stress," sophomore Emma Dolat said. "Alternative rock is my favorite."

Teachers and counselors are also a very useful resource that many students should consider using when they are feeling stressed about an upcoming exam.

"I try to remind students of the bigger picture," English Teacher Eric Cruz said. "While exams are important, it's not something that will define them for the rest of their lives."

Multiple students have different routines they use before an exam to help them feel more prepared.

"I study way before an exam just so I know I don't have any late night stress," sophomore Carly Medina said. "The night before I try to get enough sleep so I feel better in the morning."

Exams being completed and the stress washed away is considered to be one of the best feelings in the world for many.

"I like the feeling after exams because I feel so relaxed," sophomore Lulu Bazaldua said. "Worrying about exams is draining."