

Faculty of Community Services

Academic Support & Resource Centre

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 test 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**.