

HELP IS:

CONFIDENTIAL...

NON-DISCIPLINARY...

FREE.

24-Hour Helpline:

1-877-545-4682

www.valhl.org

YOU ARE NOT ALONE!

LHL helps law students deal with:

- Alcohol & Substance Abuse
- Addiction
- Compulsive Behaviors
- Stress
- Depression

Our services include:

- Assessment
- Referral to professional therapists
- Referral to treatment programs
- Support groups
- Peer support from trained LHL volunteers
- Intervention services

Lawyers Helping Lawyers

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9 Tips to Conquer Exam Stress



STRESS BUSTING TIPS:

#1 Make a plan

Draw up a realistic study schedule and stick to it! Make sure to include some time for relaxation – it's not healthy to constantly have your nose in a book.

#2 Review methodically

Review your notes frequently and continue to revise them as you study. Break up your studying into 50-minute segments and 10-minute breaks. Knowing that you have a break coming up will keep you from losing interest.

#3 Get some exercise

Exercise is a great way to give your mind a break, relax you, and get endorphins flowing. A few pushups or a 15-minute walk outside can do the trick nicely.



#4 Leave yourself notes

Buy some sticky notes and write key facts and phrases on each. Stick them all around your house in places where you'll often see them, such as your mirror or on the refrigerator door.



#5 Form a study group

Working on a common goal of learning with colleagues increases your chances of doing well on the exam. This also helps to break up the tedium of studying and decrease the sense of isolation law school can sometimes cause.

#6 Test yourself frequently

Make yourself short quizzes and take them later that day. Work at practicing essays and outlining answers. Testing yourself regularly helps your remember better and fills in gaps in your knowledge.

#7 Limit your social calendar

Anything that can give you a high will eventually give you a low. Don't try to deal with stress through alcohol or recreational drugs. Try not to stay out with friends too late, or spend too many mornings on the golf course. Focus is key to success!

#8 Get great sleep

Lack of sleep decreases your ability to concentrate and think clearly. Staying up all night cramming for you exams will most likely hinder your exam performance, not help.

#9 ASK FOR HELP!

There are great support services available if you feel that you need them. Ask your Professor for exam questions, and to clarify things you don't understand. If you feel unable to handle your stress, contact your school's student counseling center or call us at Lawyers Helping Lawyers. Our 24 hour hotline is available even if you just need to chat with someone: 877-545-4682