Stress of students

The latest studies are showing that the stress among many students have been increased sevierly for the last two years.



The mine reasons are the inappropriate ways of teaching and the unnecessary information that only teachers are giving instead of making the right decision and theach the basic knolage that is only needed.



How to avoid stress

* Start with the hardest things first. You don't have to finish the entire task now, but just getting the ball rolling will make it seem so much more manageable when you go to finish it in a few days.
* Take little opportunities to get work done. If you're waiting for the bus, whip out those flashcards. When you go to review tonight, that 5 or 10 minutes of prep will help you finish that much sooner.



* **Get organized:** Everything you need should always be within arm's reach, not everything you have. If you never use white out, it doesn't need a prominent place on your desk. If you always use highlighters, make sure they're in your top drawer. Be logical about the importance of the materials you're using. If you don't need 'em, don't let 'em clutter your studying area (and your brain).
* **Study earlier:** Your brain will probably be less tired, too. The information will be fresh in your mind from school that day and you'll still be wide awake since it's only 5 PM. This means studying will be more effective.

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