

Heading: It's the most stressful time of the year.

Sub-head: Study, Study Study!

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Finals week can be an extremely stressful time for students in school. Studying for all of the classes that have a final exam to show how much they've learned throughout the school year. For some students, it is easy because it just comes naturally. Although for others, it doesn't come so easy just because they don't get it or are bad test takers.

"With the stress of being a Junior in high school and trying to plan your future for college, sometimes getting homework done makes me feel really stressed out," said Kenzy Sanders, Sandy Creek Junior.

There are many strategies when it comes to finals or just studying for tests. Some people just wing it and don't study, while some students spend every waking moment making quizlets, notecards, or anything that could help them for the test. Being stressed can lead to many after-effects like anxiety, depression and many more dangerous health effects. School can be stressful without tests for some students. Whether that be because students are striving to get the best grade they could possibly get on the assignment, or because getting assignments and having a due date causes stress on the student. Sometimes it is just because the student is always stressed, in general, so getting homework makes it worse.

"For tests, I just look over all of the notes and try to review if I am understanding the chapter. But other times if I'm not understanding the chapter I have to really buckle

down and study all my notes and make notecards, which is when I start to get stressed out,” said Payton Clark, Sandy Creek Junior.

According to NYU studies, almost half of all high school students, 49% reported feeling stressed on a daily basis and 31% reported feeling somewhat stressed. Also, females reported significantly higher levels of stress than males (60% vs 41%).

Although sometimes stress is unpreventable here are some tips that can help make high school less stressful. Take time for self-care, like making sure you get enough sleep. Take assignments one step at a time. Don't be afraid to ask for help when you need it. Try to make studying schedules for your classes you need to study for. Also, try to find something interesting in the assignment that will help you enjoy the assignment.



got stress?