



Causes of Exam Stress

Fear of failure is one of the common reasons for exam stress. They stress over meeting the expectations of their family and teachers.

01



02



The high academic expectation of prestigious universities is also another reason why students might be stressed about their examinations.

03



Lack of preparation also causes stress among students. The learners who don't prepare well often feel nervous when exams approach.

04



Students scoring good grades in their exams are always the teacher's favorite. They work hard to meet the expectations of their peers, set realistic goals, and heighten stress.

05



Parental pressure can also sometimes intensify stress in students. The desire to make their parents proud can exacerbate anxiety and self-doubt.



What Is Stress Essential Facts And Tips On Stress

Brian Seaward



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Managing Stress in Education: A Comprehensive Guide for Staff and Students, 2011 [Complete Guide To Complementary Therapies In Cancer Care, The: Essential Information For Patients, Survivors And Health Professionals](#)
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