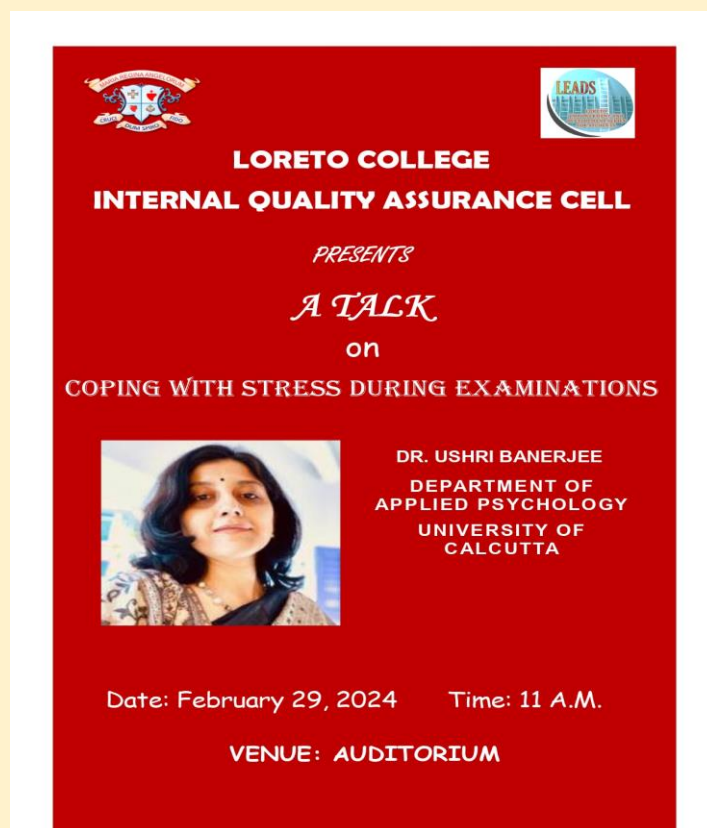


A Talk
On
Coping With Stress During Examinations



Learning Objectives:

- To understand basic principles of stress management
- To recognize stress triggers
- To Develop proactive responses to stressful situations

Learning Outcomes:

At the end of the session, the students were able to:

- Realise the importance of planning and prioritizing work
- Understand the difference between positive and negative stress
- Learn ways to prevent and manage stress

Feedback Report

Number of Participants: 150

Number of Respondents: 120

