

## Academic Stress

**If you're feeling overwhelmed by academic stress, you're not alone**—here are some resources that can help you manage and feel supported.

### **Information Guides**

#### [Academic Support Center](#)

Get help with study skills, tutoring, time management and more.

#### [Performance and the Yerkes-Dodson Law](#)

Understand how stress impacts performance—and how to find your optimal balance.

#### [How to Deal with Exam Stress](#)

Practical strategies to prepare for exams while managing anxiety.

### **Articles**

#### [Writing about Testing Worries Boosts Exam Performance in the Classroom](#)

How expressive writing before an exam can improve your performance.

### **Website**

#### [Improve Your Concentration](#)

Tips and techniques to boost focus and stay productive while studying.