



DONUT STRESS– JUST DO YOUR BEST!
[BEAT EXAM STRESS: YOUR GUIDE TO STAYING COOL & CONFIDENT]

**Target audience:
 Middle School Students
 (Grades: 6-8)**

**Monday,
 23rd February, 2026**

INTENT:

To equip students with practical strategies to manage exam stress while supporting both academic performance and personal wellbeing. It guides them through all stages of exams—before, during, and after—helping them remain focused, confident, and emotionally balanced.

EXPERIENCE:

The session was delivered by the Middle School Counselor, Ms Anagha Pavithran. Students learned to recognize early signs of stress, apply effective study and revision techniques, and practice coping strategies such as mindfulness and calming exercises. They were introduced to cognitive behaviour therapy informed tools at managing negative thoughts. The session also encouraged maintaining healthy routines and seeking support from trusted individuals when needed, signposting them towards parents, teachers and school counselor.

INSIGHT:

Students were guided to develop a healthy perspective on results, understanding that exams are part of a broader learning journey. The session reframes exams from a source of fear into an opportunity for growth, resilience, and self-awareness.

