Exam Preparation Is Becoming Stressful

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Hello everyone, I have been preparing for an important exam while balancing classes, work, and other responsibilities, and finding enough time to revise has been difficult. I have been using practice questions and reviewing my notes, but I still feel nervous as the exam date gets closer. During a conversation with other students, I noticed take my exam for me came up when people were discussing how overwhelming exam preparation can feel. What study habits or time management techniques have helped you stay focused and confident before an exam?

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