



Study anxiety

Pressure from your course may be a driver of your anxiety, or your ability to study may suffer because you experience anxiety.

Talk to your course tutor or student wellbeing team if you are struggling to study or attend your course because of anxiety.



You may experience anxiety about your course due to

- Upcoming deadlines and tasks
- Difficult relationships with your tutors or classmates
- Being expected to do an unreasonable or unfair amount of work
- Coping with independent learning and unstructured studying
- Your own expectations and those of family, peers and tutors



Feelings of anxiety can have a negative impact on how well you study and that can further fuel your anxiety. Worrying about studying can mean you

- Avoid or put things off, increasing pressure and potentially compromising the quality of work or missing important deadlines
- Struggle to concentrate, focus and prioritise your workload effectively
- Lack confidence, begin to doubt yourself and or are indecisive
- Allow study concerns and pressures to seep into and effect your personal life, which in turn will affect your studying
- Experience physical symptoms of anxiety making you feel nauseous, disrupting your sleep, a healthy routine, diet exercise and down time all of which will affect your ability to perform at your best.

There are things you can do to try to manage and reduce the anxiety you feel about your course. You can

- Talk to your tutor, student advisor or student wellbeing team particularly if you feel the volume or level of work you are being asked to do is unreasonable
- Develop [coping strategies](#) to help you manage anxiety in the moment
- If you find yourself procrastinating over or are overwhelmed by a longer term piece of work or ongoing project, break it down into small, achievable tasks, ask for support from other members of the team



- Make sure you take adequate breaks while studying– talk to other members on your course, have a coffee or get outside for some fresh air

[Home](#) > [Mental health resources](#) > [Anxiety](#) > [Study anxiety](#)

ANXIETY COURSE

Some people find guided learning helps them to process their feelings and emotions. You can take our anxiety course to learn more about what causes anxiety and discover coping strategies that can help ease feelings of fear, worry and unease.

Start our anxiety elearning course

