

## **Stress Management at final exams**

### **Prerequisite:**

Stress- no escaping from; “good stress” and “bad stress” – to be distinguished.

- 1) WARM UP exercises: dummy booth et al;
- 2) Mock finals, replicating the exact setting;
- 3) Familiarity with final exams guest speakers (when/if known) by exposure to live material (web-streamed conferences, YouTube et al) with specific emphasis on speaker mannerisms, accents, etc.;
- 4) EXERCISE on a regular basis (running and aerobic gymnastics in particular!);
- 5) YOGA and breathing exercises;
- 6) List of weaknesses and *fortes* and focus on one's *fortes*;
- 6). Listening to professional interpreters at work (EP live etc.);
- 7) Applying NLP, Neuro-linguistic programming techniques;
- 8) IMMERSION IN ALL WORKING LANGUAGES (radio broadcasts in particular);
- 9) Intense practice of relay interpreting within the various group-work sessions: raises awareness of the importance of clarity, concision and precision and has a reassuring effect.