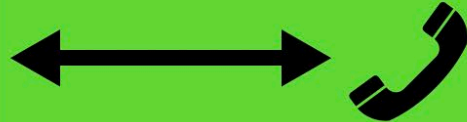


Chaplaincy & Pastoral Care Centre



NUI Galway
OÉ Gaillimh

Leading up to Exams: **Request a Support Call**



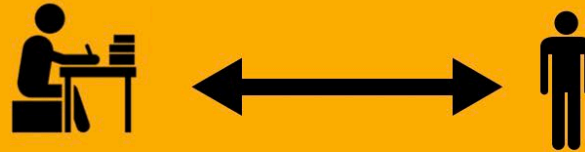
Students can complete a form and request a support call at a suitable time & date leading up to the exams.

Aimed at those struggling with stress, feeling overwhelmed, isolated or wishing to connect with someone.

Scan QR Code to complete form, or click the link:

<https://forms.office.com/r/PxS1PKMWfW>

During on-campus exams: **Support Staff at the Venue**

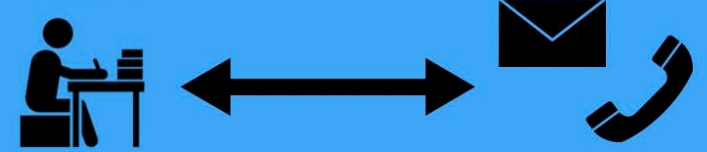


If a student is experiencing significant distress during an on-campus exam and needs to step outside the venue, an exam stress support staff can become available to meet with the student. The aim is to help defuse stress and encourage completion of their exam.

Please note that if the invigilator staff require the assistance of an exam stress support staff, please call:

Jimmy - 083 062 6898 or
Steve - 087 681 9832

During online exams: **Exam Stress Helpline**



An exam stress helpline will also be available for those sitting exams in remote settings, with the aim is to help defuse stress and encourage completion of their exam.

If problems occur, assistance the student in contact the appropriate people (e.g. Lecturer, College Office).

Students can either email or call the below contacts:
examstress@nuigalway.ie
or **089 462 3763**