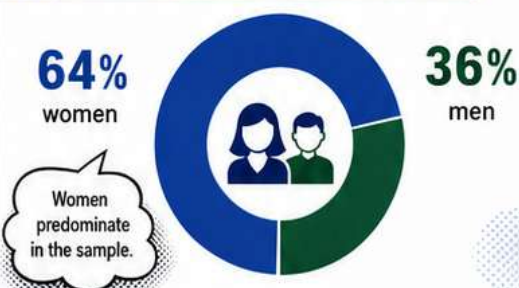


STUDENTS' EMOTIONAL STATE AND BURNOUT AFTER EXAMS

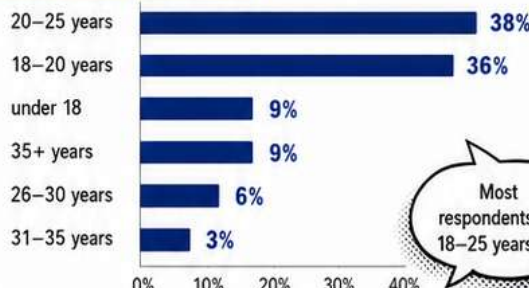
Survey Results

Assessment of students' emotional well-being, stress, and burnout after the exam session.

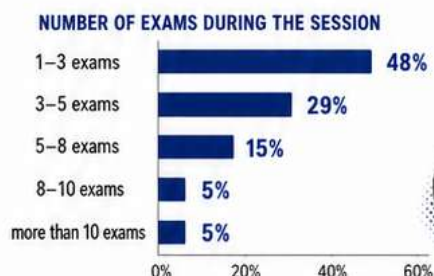
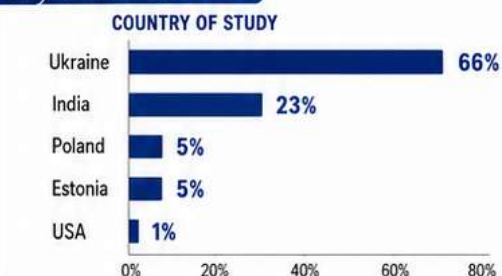
1 WHO PARTICIPATED IN THE SURVEY?



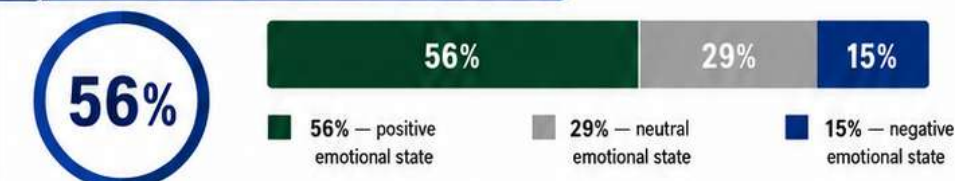
AGE STRUCTURE



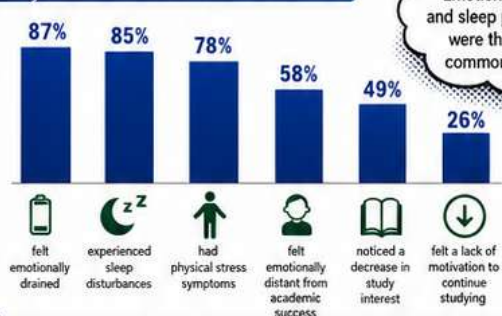
2 STUDY CONTEXT



3 OVERALL EMOTIONAL STATE AFTER EXAMS



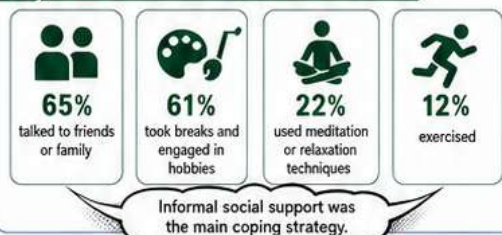
4 MAIN BURNOUT INDICATORS



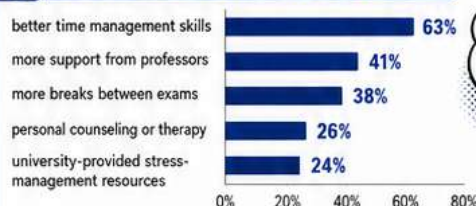
5 MOST FREQUENT EMOTIONS



6 STRESS-MANAGEMENT STRATEGIES USED



7 WHAT WOULD HELP STUDENTS COPE BETTER?



MAIN CONCLUSION

Although 56% described their overall emotional state positively after exams, stress and burnout symptoms remain widespread. Emotional drain, sleep disturbances, and physical symptoms affect a large share of students, while anxiety is the most frequent emotion.

RECOMMENDATION

Universities should strengthen preventive mental-health support before and during exam sessions, provide time-management training, offer more breaks between exams, increase professor support, and expand access to counseling and stress-management resources.