

**Abstract:**

This study documents the exam stresses of students studying in the Indian education system to understand what issues are involved in the culture of learning. Indian Education is known to be very heavily examination oriented and focus on rote memorization of information. Some students experience such intense pressures from exams that it can have psychological consequences and sometimes even result in self-harm. Ten university students, some boys and some girls, were interviewed in Pune to get an understanding of their experiences with the system. Interviews consisted of questions regarding their subject of study, their study habits, experiences with stress, and their thoughts about Indian examinations and assessments. From the interviews, it was clear that students have felt intense stress at some point while preparing for exams. Most of the students study for many hours a day and do not have time for other things. Interestingly, almost all of the students all had the same ideas about how to improve the current system to help cope with stress. They felt as though spreading out examinations and having smaller, more continuous assessment helps to ease stress. Lastly, they felt that the assessments should more heavily address applying knowledge, rather than rote memorization of subject theory. Although limited by the sample, this study helps to understand the stress that students experience with examinations and what could be done to help.