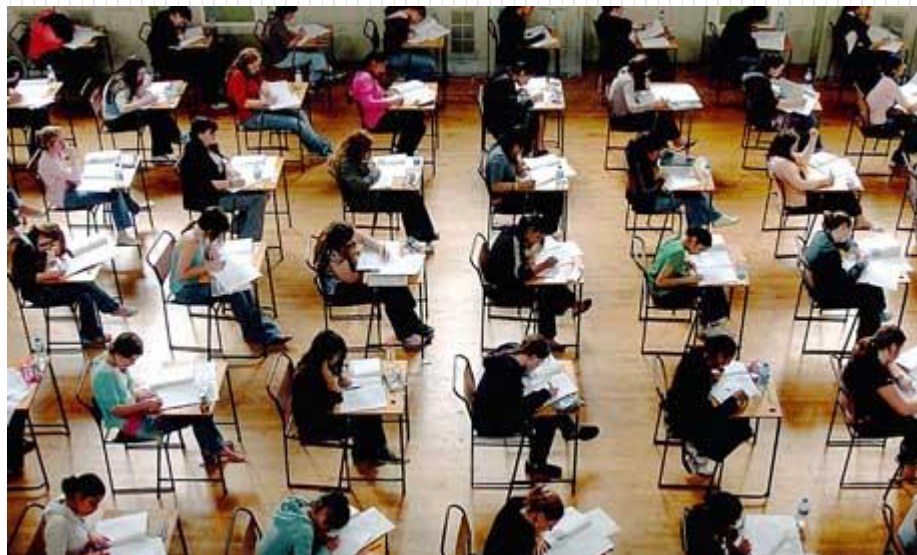


ArthurTerry

Exam Anxiety/Stress



Dealing with Exam Anxiety/Stress

- Stress can be a positive thing
- Use the stress to aid motivation and concentration
- Stress is a natural human response to life but having too much of it can cause problems
- Exam nerves are necessary for most people
- Expect to fear the exam a little, it matters to you
- Figure out what frightens you
- TAKE CONTROL and learn how to calm down a little

Managing your study workload

- Teaching staff have already prepared you for these exams
- You have your exam timetable, use it to prioritise your workload
- Create a study plan that suits your revision style
- Keep healthy



Keep healthy

- Make sure you have a healthy diet and drink enough fluids
- Follow your study plan
- Take regular breaks – eat well, exercise, RELAX
- Get enough sleep
- Talk about anxieties with family and friends

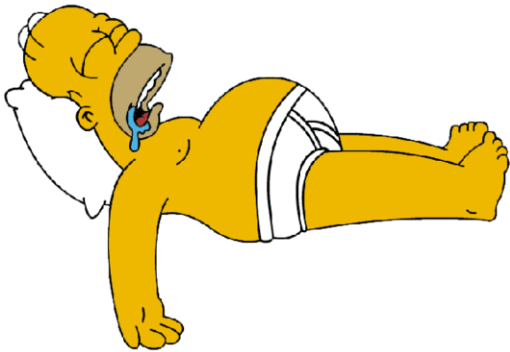
Too Much Stress

- Can block thoughts
 - Create a negative frame of mind
 - Lead to panic
 - Poor exam performance
-
- Being positive helps us cope with stressful situations

Making stress your friend – how to make stress work for you

Before exams

- Get a good nights sleep
- Have a good breakfast
- Organise yourself – be prepared



Making stress your friend – how to make stress work for you

During exams

- Drink plenty of fluids and bring a drink with you
- Relax into your seat, take a deep breath in and a longer breath out
- As you read through the paper if you start to feel panicky concentrate on deep breathing
- Stay focused and positive

Making stress your friend – how to make stress work for you

Anxiety management techniques

- STOP negative thoughts
- Distract yourself from being negative
- Remember deep breathing exercise
- Be prepared



After the Exam

- Relax
- Assess how you coped practically
- Do not autopsy it
- Concentrate on your next one
- Most important – reward yourself!
- Short term pain long term gain – good exam results affect you for life
- Remember you have the summer to look forward to when all the exams are over

Arthur Terry

Good luck!!

