



Exam Stress



Session Overview



- *What kind of anxiety do you experience?*
- *What is anxiety?*
- *Preparing for exams so you can manage anxiety before & during exams*
- *Exam strategies*
- *Anxiety management method*
- *Developing a personal exam management plan*

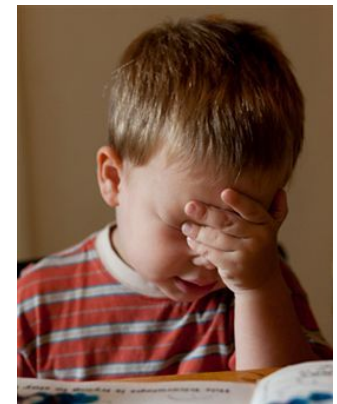
+ *Coping with Exam Stress*

- *The key to handling exam stress is to understand the process, do all you can, and avoid worry*
- *Stressing out reduces your mental capabilities and is counter-productive - be confident in your abilities.*
- *If you're relaxed, the conscious and subconscious parts of your mind interact better, reducing the risk that you will freeze up or make a mistake*



+ *Sounds Familiar?*

- *Jacob, a Year 11 student is under tremendous pressure. His cousin, Sarah scored 93% a year ago and Jacob's parents expect him to perform better than Sarah.*
- *He isn't the only one in such a situation. With exam dates nearing many find themselves weighed down by expectations. Comparisons, parental expectations and peer pressure are major concerns. These concerns bog us down, leading to examination stress.*
- *The term 'exam stress' can be defined as a feeling of anxiety over one's performance in the exams, and the results and reaction of parents and friends.*





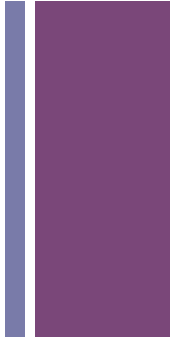
How do you experience exam stress?



- *What is your personal experience of exam anxiety?*
- *Do you experience most difficulty while you're studying for exams?*
- *Or, in the exam room itself?*



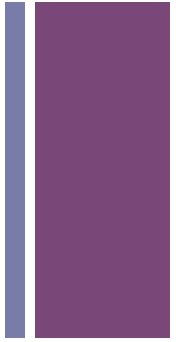
Stress Signs you may experience



- *Physical Signs*
- *Behavioural Signs*
- *Emotional Signs*
- *Cognitive Signs*

+ *Anxiety is good for you.....but not your results!!!*

- *Serves the purpose of survival - get lunch, don't be lunch!*
- *BUT - you're not facing tigers*
- *AND - you can't just "turn it off"*
- *Catch 22 - the more you get rid of it, the more it stays AND affects your mind most of all which is what you use to study!*



+ *Yeah, yeah, I know.....*

What is Revision?





Key Tips for Success



- *Begin studying **NOW***
- *Clarify areas you need to study*
- *Organise a time plan*
- *Organise a study group*
- *Enhance your memory*

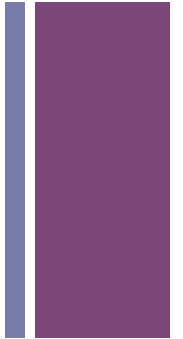
+ *Master plan to Success*

- *Understanding your learning style*
- *Study Skills*
- *Time Management*
- *Memory Skills*
- *Preparing for the finish line*





Sleep

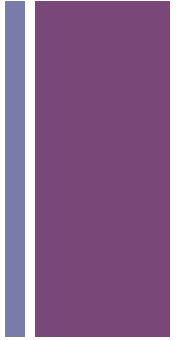


Maintain a regular sleep pattern

- *A regular 8-9 hours of sleep is mandatory for the body to function well. Also, sleep at a regular time; Don't alter your sleeping cycle.*
- *It is not important whether you study late or get up early, as long as you get into the habit of being most alert at the same time as that of the exam.*
- *Try and stop working an hour before bedtime. You will find it helpful to do some muscular relaxation, which is particularly effective in relieving stress.*



Diet



- *Food rich in vitamins and proteins, such as green leafy vegetables and fresh fruits, are a must. Eat healthily and regularly; your brain will benefit from the nutrients. Replace sweets and sugar with 'super foods' such as berries, bananas, nuts and broccoli. 'Super foods' can help boost your concentration, energy and mood.*
- *The nutrients will help your brain stay sharp. Avoid food with high fat content.*
- *Don't drink too much coffee, tea or fizzy drinks. Caffeine will keep you up and reduce the clarity of your thinking.*

+ *Relaxation Techniques*

- *Practice deep breathing, meditation and yoga as forms of relaxation. They help your body relax and reduce stress. Alternatively, take a brisk walk in fresh air after your day's revision is over.*





The Power of Positive Thinking



- *Spend time with people who have a positive effect. It will rub off on you.*

- *Avoid negative thoughts, such as 'Everyone else seems better organized, while I'm struggling.' Challenge such thoughts with positive thinking; for example, 'I have done well in exams before.'*



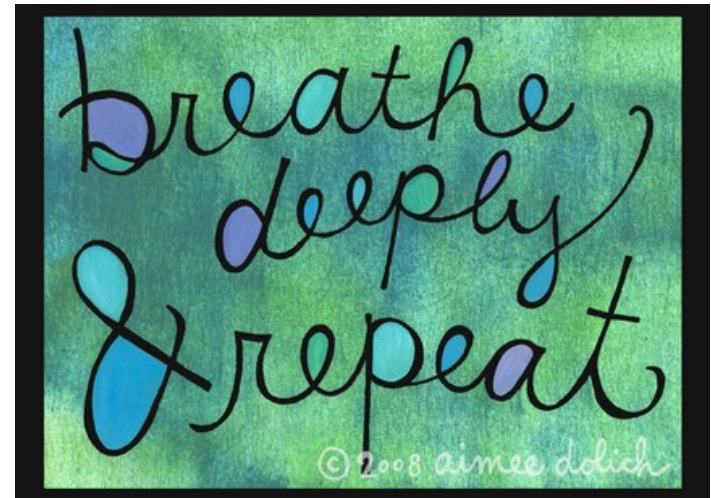
Tips for keeping calm during the exam:



- *It's natural to feel some exam nerves prior to starting the exam and that can be a positive and motivating feeling. However, getting excessively nervous is counterproductive as it hinders your ability to think clearly.*



Tips for keeping calm during the exam:

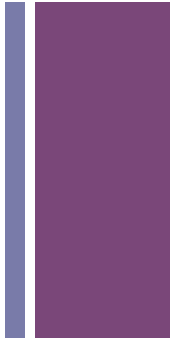


- *The quickest and most effective way of eliminating feelings of stress and panic is to close your eyes and take several long, slow deep breaths. Breathing in this way calms your whole nervous system.*



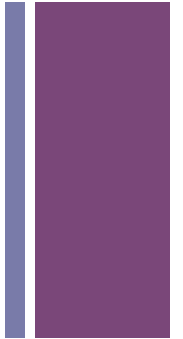
Avoid stressful people

Stress actually is contagious. During exam week, resist the urge to have a study session with your super-tense friend, especially if he/she's complaining about all the work (study)he/she has to do and breaking pencils all over the place. *His/her stress will only add to your stress.*





Just say



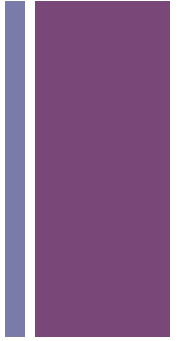
- *What you need to say no to are the people who want to take up your time.*
- *There will probably be a friend who needs to talk to you for hours about his/her life, or a late night birthday any other), and if you say yes, you' ll probably be tempted to blow off studying.*
- *Resist the urge. Say no to the distractions and be selfish for few days. You want a good **Grade/Percentage, right?***



Visualize it all going right.



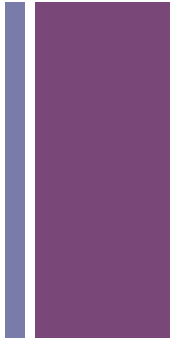
- *This is actually our favorite tip of all, even though it sounds kind of nuts.*
- *Imagine yourself taking the test and feeling confident that you know all the information. Picture getting all of the answers right, and focus on how relaxed you feel. Then picture the A grade on your test paper/mark sheet.*
- *When you imagine a happy ending, that's often what happens, because you make the decisions that lead to it without even realizing.*



*YOU MAY
WANT TO
ASK...???*

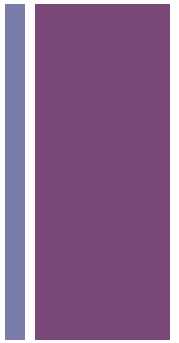
+How do I relax on the day of the exam?

- *On the day of exams, difficult as it may be, you need to make sure you wake refreshed.*
- *Try to get a good night's sleep before. Try a warm bath and a small carbohydrates snack and maybe a biscuit and hot chocolate before you go to bed.*
- *Set your alarm, and have a family member agree to wake you so you don't worry.*
- *Have a small breakfast, your brain will work better with food*



+ When I try to write quickly for a long time, I get bad cramps in my hands and I have to stop. I'm worried this will make me lose time in the test - what can I do?

- Like any muscle and part of the body, your hands will not get cramped if they get exercise.*
- Try practicing writing at home, or doing some keyboard type exercises, or simple stretching and relaxing.*
- Again, a good diet and rest are important. You are less likely to get cramped if you have a drink and breakfast because a lack of salt and sugar make cramps more likely. Dehydration is also bad for cramps.*





When it's time for the exam to start my mind just goes blank .Actually I knew the answers before-What do I do?



- ◉ *It's often difficult when you try to think about what you might be asked because it's hard to focus.*
- ◉ *During the exam, you need to take some deep breaths, read the questions and then read them again*
- ◉ *One of the commonest mistakes is to misread the question*
- ◉ *If your mind goes blank, write some notes in the side or on a spare sheet of paper, in a word association manner to jog your memory about topics related to the question.*
- ◉ *If you really can't focus and you have the option, change to a different question and then come back*



Believe in yourself



- *You are capable of scoring very good marks in the board exam. You are destined to be a success .Whatever you have achieved until now is nothing comparing what you are going to.*