

TIPS TO OVERCOME EXAM STRESS AND ANXIETY.

We have closed in to face the terminal assessments, wherein students' worry is noticeable and vulnerability towards the situation felt by teachers and parents. Exam anxiety which is experienced by most students usually includes:

- ✓ Excessive worry about upcoming exams.
- ✓ Fear of being evaluated
- ✓ Apprehension about the consequences

Four main areas which can contribute to your exam anxiety are:

Lifestyle:

- ✓ Inadequate rest
- ✓ Poor many stimulants
- ✓ Insufficient exercise
- ✓ Time management problems

Information:

- ✓ Strategies for exam-taking
- ✓ Academic information such as course requirements, lectures expectation exam dates and exam location.
- ✓ knowledge of how to apply anxiety reduction techniques

Poor studying styles:

Inefficient: inconsistent content coverage; trying to memorize the textbook; binge studying; all-night studying before exams
 Ineffective: reading without understanding; cannot recall the material; not making revision notes; not revising





JSS International School

Dept. of Inclusion & Guidance

Psychological factors:

- Feeling little or no control over the exam situation
- Negative thinking and self-criticism
- Irrational thinking about exams and outcomes
- Irrational beliefs "If I don't pass, my (family, friends) will lose respect for me"; "I will never get a Degree."
- Irrational demands "I have to get at least a 2.1 or I am worthless."
- Catastrophic predictions "I'll fail no matter what I do—there's no point."

General exam stress-busting tips

- **Believe in yourself** and don't worry excessively.
- **Don't try to be perfect.** Aim to do your best but do recognise that none of us can be perfect all of the time.
- **Take steps to overcome problems.** Talk to your Tutor or ask your classmates to solve your doubts, if any.
- **Don't keep things bottled up.** Confiding in someone is a great way to alleviate stress and worry. Make an appointment to speak with a Counsellor at Student Services:
 - Phone: 042406353 (JSSIS)
 - Email: hod.send@jssisdubai.com
- **Keep things in perspective.** Interrupt negative thoughts with positive ones and actively challenge your irrational thoughts.
- **Plan your study time** with study sessions about 50 minutes long separated by 5 – 10 minute breaks.
- **Try to maintain a healthy lifestyle.** Tiredness increases anxiety.

Resilience is helped by:

- exercise
- positive thoughts
- healthy diet
- regular and adequate sleep

- **Plan.** Rest well the night before. Arrive at the exam location early. If you can pick your seat, choose one away from the doors, windows or other distractions. Plan to monitor the time during the exam so wear a watch or sit where you can see the clock. Plan to wear layers of clothing so you can adjust your need for more warmth or coolness.
- **Avoid bad things.** Give coffee or tea a miss. Avoid other people or things that may disturb your self-confidence, focus and level of relaxation.





JSS International School

Dept. of Inclusion & Guidance

After the exam

- Whatever you do, don't spend endless time criticising yourself for where you think you went wrong. Often our own self-assessment is far too harsh. Congratulate yourself for the things you did right, learn from the bits where you know you could have done better, and then move on.
- Plan to reward yourself for your hard work. After the exam, do something you enjoy. If you are going to meet up with someone, you could agree with them that you will only talk about the exam for 5 minutes - or even not at all. It's important that you let the stress of the exam go, especially if you have more exams to attempt.

Some anxiety reduction techniques

- Close your eyes
Tense your whole body one part at a time.
- Take a deep breath and hold it for five seconds
- Let your breath and the tension in your body go all at once
- Feel the relaxed and light.

Smile!

- Really feel that smile spread throughout your body, and of course brightens your day.

JSS Inclusion Team wishes **THE BEST** for exams **TO ALL THE STUDENTS.**