

Managing Examination Stress and Anxiety



Before Examination

Life Style Management

- For maintaining energy levels; staying well and enhancing concentration by having nutritious meals, good sleep, regular exercise, rest & relaxation pauses, and leisure time
- Effective Studying
 - ❖ Leave yourself plenty of time for studying
 - ❖ Keep all of your notes and schoolwork organized
 - ❖ Choose a study environment that can enhance intensity of your concentration
 - ❖ Take breaks while studying
- Reducing Anxiety Mentally
 - ❖ Isolate negative thoughts/self-statements
 - ❖ Put negative thoughts in real-world perspective
 - ❖ Replace illogical thoughts with logical ones
 - ❖ Use positive self-statements



During Examination



- Show up on time or early for the examination
- Read all instructions and questions carefully
- Stop and use deep breathe if you feel anxiety coming on
- Keep using positive self-statements
- Skip a question if you get stuck



After the examination

- Focus first on what did well; avoid after examination "debriefs" with your classmates
- Allow recovery time or appropriate breaks where possible
- Use the method suggested above to prepare for the next examination