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

Source: University of Tasmania; www.wikihow.com