Exams and Anxiety

You can do it!!!
Anxiety

Need to manage your anxiety so it promotes alertness and performance but doesn’t get in the way of you performing well.
Do you have Exam Anxiety?

- feel like you go blank?
- find yourself thinking “I can't do this” or “I’m stupid”?
- feel like the room is closing in on you?
Do you have Exam Anxiety?

- feel your heart racing?
- find it difficult to breathe?
- suddenly “know” the answers at the end of the exam?
Do you have Exam Anxiety?

- score much lower than on regular assessment tasks?
- feel overwhelmed or become distracted?
- miss important cues from your surroundings?
Managing Exam Anxiety

Be Healthy
Be Healthy

- get adequate rest
- eat well
- drink water
- exercise
- socialise
Managing Exam Anxiety

Be Prepared
Be Prepared

- complete all practice tasks and review notes
- speak to your teachers
- know the exact time and date of the exam
- leave enough time to get there early
Managing Exam Anxiety
Regulate Your Stress Level
Regulate Stress Level

- Practice mindfulness
- Breathe (3+3) x 3
- Tense and relax muscles
Positive Self-Talk

- challenge negative thoughts
- practice mindfulness
- acknowledge the negative and visualise it leaving
- trap-door