

Exam Anxiety!

Before

Preparation is key

- Make sure you have gathered all lecture notes and passed papers for each subject.
- High-light important information.
- Think about what might be asked and write out answers to potential questions.
- **Have a copy of the exam timetable and know what day, time and place the exam is being held.**
- Ensure you have enough pens and paper material when you start to study.
- Make sure you have a well-lit and ventilated area to study.
- Silence your social media accounts during the day so you can focus on your studies.
- Set out a realistic study timetable that include study breaks and extracurricular activities.
- Make sure you exercise, eat healthy and stay hydrated during your study period.
- Go to bed early the night before the exam to get a good night's sleep.
- Make sure you have something to eat before the exam.
- Make sure you have exam material that maybe needed (i.e. pens, paper, calculator etc.).
- Leave in plenty of time for you to get to the examination area early.
- Avoid talking to fellow classmates before the exam.
- Focus on your own notes.
- Go to the toilet before the exam starts.

During

- Clearly write down your student number on the exam work sheet.
- Read the directions & questions clearly.
- Pick the questions that you are going to answer and jot down bullet points on each.
- Mark down how many minutes you need to spend on each question.
- Start with the most familiar/favoured question. Do one question at a time.
- If your mind goes blank or panics, take two minutes out to focus on your favourite song, close your eyes and sing it in your head or take deep breaths in and out & then return to the task in hand.
- Remind yourself that you have studied and so therefore the information is in your head.
- Remind yourself that you are doing your best under the circumstances.
- If you feel anxious, remind yourself that this is normal, it is just adrenaline going through your body which can give you extra energy to get you through the exam.
- Do not leave the exam early even if you are finished before time, go over what you have written.

After

- Do not talk to classmates about the exam that has just finished.
- Have a meal, meet friends or do something that relaxes you before you start to study again.
- Do not look at notes from exams that you have finished, box them away as soon as you get back to your study area.
- Clear your study space and focus on the next exam.