



Estd 1864

FORMAN CHRISTIAN COLLEGE
(A CHARTERED UNIVERSITY)

Lahore- Pakistan



Campus Counseling Center

Coping with Exam Stress

“It has been said that our anxiety does not empty tomorrow of its sorrow, but only empties today of its strength.”

—Charles Spurgeon

Stress related to exam is one of most frequently reported problem by students. It involves feeling of worry, uneasiness, tensions, aches and pains, self-criticism and continuous fear of evaluation. Very few people enjoy exams and take it to be stressful and challenging endeavor/task. Anxiety in itself is not bad as sometimes it can boost you up and improve your performance, however if it's not controlled it can become reason for low performance at exams.

What contributes to exam anxiety?

- Fear of evaluation
- Negative thought pattern
- Self-criticism
- Lack of confidence
- Lack of self-assurance
- Bad experiences in the past related to exam
- The fear of “blanking out” in an exam
- Lack of proper time management skills
- Poor student skills
- Lack of preparation
- Lack of proper sleep

How do you know if you have an exam anxiety?

Here are some indicators of exam anxiety that may be experienced just before or during exams.

- Palpitation
- Cold sweats
- Trembling and shaking
- Headache/Migraine/Nausea
- Stomach issues
- Rapid heart beat
- Muscle strains
- Feeling blank
- Lack of concentration
- Difficulty to comprehend the questions
- Nail biting

How to cope with exam anxiety?

With little planning, hard work and practice, you can overcome your anxiety.

Effective studying

Avoid cramming the night before the exam:

(Too much material) + (Too little time) = ANXIETY

Rather take the approach of planning and realistic time table which you can easily follow. Do not be too hard on yourself so that you do not get drained after three or four days of effort and come back to previous routine. You can set small goals for yourself and following then consistently is the key to success; for e.g., 45-50 minutes study separated by 10 minute breaks.

Healthy lifestyle	Improving concentration	Positive attitude	Be prepared
<ul style="list-style-type: none">• Maintain good sleeping patterns• Plan your diet (Protein enriched)• Physical Exertion (walk; jogging, etc.)• Relax yourself for e.g. listening to music, call a friend, and relaxation exercise etc.• Avoid taking too much stimulants e.g. tea and coffee	<ul style="list-style-type: none">• Take breaks• Remove distractions and make your environment comfortable• Avoid speaking to people who are negative oriented and are not prepared for exam.	<ul style="list-style-type: none">• Modify and turn negative messages into positive, and realistic thoughts• Plan to achieve success: positive thinking, practice, team work, etc.• Take it as a challenge and opportunity to prove your effort and to earn a reward for it.	<ul style="list-style-type: none">• Study your material thoroughly and make chunks to make it less hectic.• Prepare a checklist.

Use full tips in handling anxiety during an exam

- Relax; say to yourself that you are in control
- Do not think about the fear of failure
- Be realistic
- Expect some anxiety, and acknowledge that you are doing your best

- Take slow, deep breaths
- Take Pauses: Go step by step
- Positive reinforcement. For instance, reward yourself with extra five min break or a short break to your favorite snack after completing a topic or so.

For further information contact:

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References:

https://www4.ntu.ac.uk/student_services/document_uploads/107713.pdf