

I.I.S NEWSLETTER

Tips for Reducing Exam Anxiety

Before Exams :-

1. During exam days you have 12 hours to study. It is better to revise lessons/chapters you have reading during those 12 hours rather than picking up something new which you haven't even attempted.
2. Prepare special and short notes for each lesson you have studied. This way you can revise as well.
3. Many of you may be gearing up for external exams (TOEFL, IELTS, CEPA, SAT, PSAT etc.) while are preparing for school exams. It is always advisable to concentrate on immediate exams and prepare later one afterwards.
4. Math, Physics, Chemistry are mainly formulae based, these formulae should be on your fingertips.
5. Take small 15 min. breaks after every hour of study. Choose a comfortable location with good lighting and minimal distractions (mobile, music, chit-chats, noise) for study.
6. Try practicing mock word limit questions.

During Exams :-

1. **Approach the exam with confidence.** Use whatever strategies you can to personalize success: visualization, logic, talking to yourself, practice, journaling, etc. View the exam as an opportunity to show how much you've studied and to receive a reward for the studying you've done.
2. **Strive for a relaxed state of concentration.** Avoid speaking with any fellow students who have not prepared, who express negativity, also peeping in your book repeatedly will distract your preparation.
3. **Budget your test taking time.** Many students attempt long answer questions with high marks first, and then attempt short answer questions minimal marks.
4. It is advisable to attempt those questions you know well. Then proceed towards critical ones. **Examiner always gets impressed with well written and attempted answers.** Underlining important part of your answers might be useful.
5. **Take care of word limits in answers.** Avoid counting words during exams. A little bit more or less shouldn't be a problem, but writing too much won't fetch extra marks and could consume more time.
6. **Questions asked for difference of concept should be** elaborated and explained with the help of table. This will ease your thinking and, understanding of examiner.
7. **Don't panic.** When students start handing in their papers. There's no reward for finishing first.

Say bye-bye to Exam

1. **Try Unidirectional thinking for any query, you surely will get result oriented answers. Avoid multidirectional thinking, this increases more anxiety.**

3. **Don't go to the exam with an empty stomach. Fresh fruits and vegetables are often recommended to reduce stress.**

5. **Aim to Do Your Best. Often, students start thinking negatively when things aren't going well on an exam. This can lead to lower self-confidence and increased self-doubt for rest of exams. Recognize and turn off your negative internal dialogue. Focus on the task instead of on yourself and aim to do your very best for rest exams.**

6. **After the test, review how you did. List what worked, and hold onto these strategies it does not matter how small the items are: they are building blocks to success. List what did not work for improvement. Celebrate that you are on the road to overcoming this obstacle.**

2. **Get a good night's sleep.**

Regular sleep is one of the best ways to control anxiety. Getting up and going to bed each day at the same times ensures that your body and brain are getting the rest they need for optimal functioning. Students who follow a regular sleeping pattern have been shown to perform 30% better than students who stay up late or get up early to study.

4. **Learned Relaxed Breathing. When you display any symptoms of anxiety during studying or during the exam, use relaxed breathing to calm yourself. Take your attention away from the task and take a few slow breaths. Say to yourself, "calm and relaxed" as you exhale. Practice relaxed breathing before the exam.**

