

Self help matters.

Helping you to find your solutions

Exam Anxiety

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Generally, we all experience some level of nervousness or tension before tests or exams. Anxiety is a natural emotion to help us become alert, so some anxiety might help to focus and motivate us. If anxiety becomes inhibiting then we need to act on this to bring some sense of control back into our lives.

Top Tips

Avoid cramming. Trying to master a term's worth of material the day before the test tends to be an ineffective way to learn and can easily produce anxiety. Preparation, preparation, preparation.

Big picture. Ask yourself what questions may be asked and try to answer them by *integrating* ideas from lectures, notes, text, previous personal and/or professional experience, and supplementary readings.

Sufficient. If you are unable to cover all the material given throughout the term, select a portion that you can cover well. Set a goal of presenting your knowledge of this information in the exam.

Change your perspective. An exam is just an exam.

Treats. Reward yourself after the exam; do something that nourishes you physically or emotionally.

Resist negativity. Avoid thinking of yourself in a negative sense. Stay positive.

Wellbeing. Eat sensible, hydrate adequately, exercise and get a good sleep.

Pace. Follow a moderate pace when studying; vary your work when possible and take breaks when needed.

On the Day of the Exam

Breakfast. Eat a moderate breakfast and avoid too much caffeine (it might still give you the 'jitters' or 'shakes').

Chill. Do something relaxing before the test. Last minute cramming may cloud your mastery of the subject.

Timely. Plan to arrive at the exam location early to allow you to relax and to select a seat which suits you.

Peace. Avoid colleagues who generate anxiety for you and tend to upset your stability.

Distraction. If waiting causes anxiety, distract yourself, maybe with your mobile phone.

In the Exam

Clarity. First review the entire test: then read the directions *twice*.

Multiple-choice. Read all the options first. Beware of tricky qualifying words such as "only", "always", or "most".

Take your time. Don't rush... pace yourself.

The place. Tell yourself "I can be anxious later, now is the time to take the exam".

Release tension. Tense and relax muscles throughout your body.

Breath. Regulate your breathing; breathe in through your nose, for 4 seconds, hold for 4, then slowly breathe out through your mouth.

Resources

MOODZONE

Boost your mood, cope with stress, anxiety or depression or simply improve your overall emotional wellbeing.



Opening Hours: Online

www.nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-stress-anxiety.aspx

LIVING LIFE TO THE FULL

Want to know how to feel happier, more confident & worry less right now? Would you like to learn new ways of dealing with what life throws at you?



Opening Hours: Online

<https://littf.com/>

THE MIX

Provides free, confidential support for young people under 25 via online, social and mobile.



Opening Hours: Online

www.themix.org.uk

MINDFULNESS FOR STUDENTS

Helping you to stay calm, focused & better manage the pressures of student life.



Opening Hours: Online

<http://mindfulnessforstudents.co.uk/>

UNIVERSITY OF ABERDEEN SERVICES & SUPPORT

A range of support resources for everyone at University



www.abdn.ac.uk/infohub/support

TOGETHER ALL

Online community of people who are anxious, feeling low or not coping who support and help by sharing what's troubling them. This is a free, online, moderated service and confidential.



Opening Hours: Online

<https://togetherall.com/en-gb/>

If you are experiencing a crisis - please contact any of the following

- **Emergency Services** - telephone 999 (Free) 24 hours
- **Samaritans** - telephone 116 123 (Free) 24 hours
- **Breathing Space** - telephone 0800 83 8587 (Free) Mon-Thu 6pm-2am, Fri-Sun 6pm-6am
- **Nightline** - telephone 01224 272829 (local rate) term-time only, between 20.00-08.00
- **NHS 24** - telephone 111 (Free) 24 hours

For other support resources, please see - www.abdn.ac.uk/counselling