



# BEATING EXAM STRESS

Stress isn't necessarily a bad thing. A little bit of stress can be helpful as it motivates to knuckle down and work hard. But exams can make stress levels get out of hand, which can obstruct children from performing their best. So it's important to address it and get it back under control.

## **Some common symptoms of exam stress**

- A feeling of despair, anxiety or irritability
- An inability to concentrate or loss of interest
- Prolonged tiredness
- Unexplained aches or headaches
- Increased heart rate or a feeling of panic
- Difficulty getting to sleep or waking up in the morning
- Poor appetite

## **AREAS CONTRIBUTE TO EXAM STRESS**

### **Lifestyle issues:-**

- inadequate rest
- poor nutrition
- insufficient exercise
- not scheduling available time

### **Information needs:-**

- strategies for exam-taking
- Academic information such as course requirements, exam dates and exam location etc.
- knowledge of how to apply anxiety reduction techniques while studying before any exam

### **Poor Studying styles:-**

- binge studying; all-night studying before exams
- reading without understanding;
- not making revision notes, not revising

### **Psychological factors:-**

- feeling little or no control over the exam situation (rather than knowing and applying exam strategies)
- negative thinking and self-criticism
- irrational thinking about exams and outcomes
- Irrational beliefs "If I will not secure a particular score then me or others (family/friends/teachers) will lose respect".
- Irrational demands "I have to get what I am expecting or I am worthless."
- Catastrophic predictions "I'll not secure good result no matter what I do—there's no point."

### **Exam stress-busting tips**

- ✓ *Believe in yourself*
- ✓ *Keep your thoughts positive*
- ✓ *Aim to do your best not to be perfect*
- ✓ *Recognize your problem and Take steps to overcome it*
- ✓ *Plan your study time with a short relaxing break*
- ✓ *Avoid the things that may disturb your self-confidence or focus*
- ✓ *Take help of an expert if it goes beyond your control*

Since parents have a greater one-on-one opportunity with children, they have a huge role to play in managing the level of exam stress through proper motivation, involvement and guidance which will help children to perform better.

**Best of Luck...**

