



# EXAM ANXIETY

“An initiative by Office of the Registrar”

## Managing Exam Anxiety

### 1st: Take care of yourself

- Eat well and drink sufficient water
- Get adequate rest
- Take time out to relax

### 2nd: 5Ps – Prior Preparation Prevents Poor Performance

- Doing practice tests or exams from previous years
- Approaching your lecturers to clarify the exam format
- Confirming the location of the exam and leaving sufficient travel time

### 3rd: Control Yourself

- Deep Breathing: Taking deep breathes, sends messages to the brain to begin calming the body and it is a natural way of relaxing yourself.

### 4th: Reassure Yourself

- **Self-talk:** Give yourself positive and encouraging messages: ‘Relax, concentrate, it’s going to be OK’ ‘I’m getting there, nearly over’.

### Going Blank:

- Don’t waste time!
- Don’t try too hard to remember
- Switch to a different question
- Keep writing: Ask yourself questions to help focus you: How? When? What? Where? Why?

## What is Exam Anxiety?

Exam anxiety is the experience of feeling an intense moment of fear or panic before and/or during an exam or assessment. It is characterized by feelings like “going blank”, thinking “I can’t do this” or believing “I should give up”.

## Running out of Time:

- Don’t leave blank spaces for answers. Write something to get some marks.
- Keep calm.

*All the best.*

*Get help from FNU Counsellors when needed.*

*FNU Counsellors’ Contacts*

**Central & Labasa:** Varsha - 8960857

**West:** Kantha - 8910854