



FIJI NATIONAL
UNIVERSITY



EXAM ANXIETY

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“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 you focus: 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

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