

Examination Not Exaggeration!

What does examination means to most learners and students

Examination is a formal assessment intended to measure the learner's knowledge, skill, aptitude, physical fitness and cognitive development in academic performance. Ironically, to many learners and students examination means worry, tension, fear, stress, pressure, anxiety and headache

The perception and perspective from which many learners and students view examination yields negative results to them and ultimately they reaction to the situation by showing signs such as illness, loss of memory, loss of appetite, mood swing, dysentery, negative self-image, low or no communication, loss of concentration and low confidence.

From where does Examination stress comes?

- Pressure for getting good marks
- High expectations of parents
- Competitiveness
- Comparison with others
- Fear of being left out
- Fear of rejection
- Fear of being ridiculed by parents, teachers, siblings and friends

How to manage exam stress?

General preparation/building confidence:

Review your personal situation and skills

Developing good study habits and strategies

- Managing time (Avoid procrastination, distractions, laziness)
- Organize material to be studied and learned
Take a step by step approach to build a strategy and not get overwhelmed
- Avoid outside pressures such as peer pressure, competitiveness, etc.
- Review your past performance on tests to improve and learn from experience

Exam preparation to reduce anxiety:

- **Approach the exam with confidence:**
Use whatever strategies you can to personalize success: visualization, logic, talking to your self, practice, team work, 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
- **Be prepared!**
Learn your material thoroughly and organize what materials you will need for the test.
Use a checklist
- **Choose a comfortable location for taking the test**
with good lighting and minimal distractions
- **Allow yourself plenty of time,**
especially to do things you need to do before the test and still get there a little early
- **Avoid thinking you need to cram just before**
- **Strive for a relaxed state of concentration**
Avoid speaking with any fellow learners who have not prepared, who express negativity, who will distract your preparation
- **A program of exercise**
- **Get a good night's sleep**
- **Don't go to the exam with an empty stomach**
Fresh fruits and vegetables are often recommended to reduce stress.
Stressful foods can include processed foods, artificial sweeteners, carbonated soft drinks, chocolate, eggs, fried foods, junk foods, pork, red meat, sugar, white flour products, chips and similar snack foods, foods containing preservatives or heavy spices
- **Take a small snack, or some other nourishment**
to help take your mind off of your anxiety.
Avoid high sugar content (candy) which may aggravate your condition

During the test:

- Read the directions carefully
- Budget your test taking time
- Change positions to help you relax
- If you go blank, skip the question and go on
- If you're taking an essay test and you go blank on the whole test, pick a question and start writing. It may trigger the answer in your mind
- Don't panic when learners start handing in their papers. There's no reward for finishing first

Use relaxation techniques

If you find yourself tensing and getting anxious during the test:

Relax; you are in control.

Take slow, deep breaths

Don't think about the fear

Pause: think about the next step and keep on task, step by step

Use positive reinforcement for yourself:

Acknowledge that you have done, and are doing, your best

Expect *some* anxiety

It's a reminder that you want to do your best and can provide energy

Just keep it manageable

Realize that anxiety can be a "habit"

and that it takes practice to use it as a tool to succeed

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

Check out local centers and resources in your school for assistance!**If you are aware that you have a problem with test anxiety**

Be sure your teacher or instructor knows before any testing begins (and not the hour before!). There may be other options to evaluate your knowledge or performance within the subject matter.

Good luck !

- Management