Dealing with exam anxiety

Exam anxiety is normal!
Some anxiety is necessary for peak performance.
Good preparation is the best strategy to reduce anxiety. If you need assistance contact a Counsellor early in the session.

Memory blocks
Jot down any thought — there may be a link.
Remember, one idea can lead to a chain of ideas.
Move on to other questions.
Let your mind work subconsciously on the blocked parts by not getting stuck on worrying.

Panic
Practice a good relaxation exercise you can use in the exam room such as shifting your attention from panicky thoughts to the questions before you. As you read the question slow down your breathing.

Writer’s cramp
Train your hand muscles by doing increasingly long periods of sustained writing when studying.
Occasionally dangle your hand to let go of tension.
Shake and stretch your hands from time to time.

Physical fatigue
Make sure you get enough sleep and are eating well leading up to the exam. Stretch your hands, arms and legs at frequent intervals during the exam to release any tension being held.

www.uws.edu.au/counsellingservice
www.uws.edu.au/ecounselling