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EXAM ANXIETY



P.G.Sem-3
Educational
Psychology

Exam Anxiety

- Almost everyone will feel nervous or experience some level of anxiety when faced with an exam, assessment, or performance situation. This is a common and natural response for students in the preparation before, and during exams.
- In fact, a moderate level of anxiety or stress is crucial to performing well – this helps us to be psychologically and physically alert in an exam or assessment situation.

Cont..

- If this distress becomes so excessive that it actually interferes with performance on an exam, it is known as test anxiety.
- According to the [American Test Anxieties Association](#), “schoolwork” and “exams” are reported by students as the most stressful thing in their lives.

Symptoms

- **Physical symptoms-**
 - Sweating
 - Rapid heartbeat
 - Dry mouth
- **Cognitive/Behavioral –**
 - Poor concentration,
 - Going blank or freezing,
 - Confusion, and poor organization.

Symptoms cont..

- **Emotional –**
- low self-esteem,
- depression
- anger,
- feeling of hopelessness
- **Maladaptive cognition**
- fear of failure,
- random thoughts
- frustration

Causes of exam anxiety

- Negative past experiences of exams
- Lack of adequate preparation.
- Excessive pressure to achieve and/or perfectionism
- Strong fear of failure
- Believing grades are an estimation of personal worth

Causes cont..

- Using grades as a reflection of self worth
- Poor self-esteem or negative self-talk
- Placing too much emphasis on a single test
- Feeling helpless, believing that they have no control over performance

Management

- Banish the negative thoughts
- Get enough sleep
- Take deep breaths ,
- Nutrition,
- Exercise,
- Relaxation routines,

Management cont..

Use practice exam papers as an opportunity to manage your exam anxiety.

Replacing unhelpful thoughts with more encouraging self-talk

Practice focusing your attention on the task at hand (mindfulness), rather than being tangled in your anxiety and thinking of the “what if?”



Therapy

Counselling

Yoga therapy

Cognitive-behavioral therapy

Anxiety medication



THANK YOU

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