

CONQUER EXAM ANXIETY

Tips and Strategies for College Success



**Riverside
College**

Widnes & Runcorn


**CRANTON
SIXTHFORM
COLLEGE**

BEFORE THE EXAM

YOU STILL HAVE TIME

*"Outwork your
self-doubt"*

Be prepared: The best way to overcome a fear of failure is to be prepared. Ensure you are studying and practising regularly, and seek help from tutors if needed. The more prepared you are, the more confident you will feel on exam day.

- **Are you going to the booster sessions? (If available?)**
- **Have you been able to contact your tutor for specific worries about questions?**
- **Have you asked for past papers and practised in exam conditions?**

DO IT NOW

BEFORE THE EXAM

Exam Fears – How to Overcome Them

The top 5 biggest fears:

Fear of failure: The fear of failing exams is a common concern for college students. The pressure to succeed can be overwhelming and lead to anxiety and stress.

Lack of preparation: Students often worry that they have not studied enough or are not prepared for exams.

Time management: Balancing coursework, social life, and other responsibilities can make it challenging for students to manage their time effectively.

Test anxiety: Test anxiety is a condition that can cause students to experience physical and emotional symptoms such as sweating, shaking, and panic attacks.

Performance anxiety: Students may worry about their ability to perform well in high-pressure situations and feel nervous or anxious about exams.

YOU ARE IN CONTROL

BEFORE THE EXAM

Exam Fears– How to Overcome Them

Fear of failure: Some students fear it's the end of the world if they fail their exams. It's not. You can still be successful in life. Don't put too much pressure on yourself to perform well in the exam; instead, be disciplined in your preparation before the exam.

Lack of preparation: You are 100% in control of your exam preparation. Consider what you struggle with and make a simple plan to improve; ask your tutor for help.

Time management: In the time until your exams, prioritise getting into 'exam mode'. Eat well, get enough sleep, and break your revision into manageable, bite-sized chunks. Make time for breakfast on exam day.

Test anxiety: We feel anxious BECAUSE we feel under-prepared. When we have done something many times, our anxiety levels decrease. So until the exams, prioritise practising exams in exam conditions.

Performance anxiety: You can take charge of practising in exam conditions. You'll then feel relaxed when you sit the exam for real. It will be no different. It will pay off during the exam if you choose to do this before the exam.

YOU ARE IN CONTROL

THE ACTUAL EXAM



*"Take a deep
breath before
you answer
every question"*

Read the instructions and questions carefully:

Before starting the exam, read the instructions and questions carefully. Make sure you understand what is being asked of you, and pay attention to any specific instructions or guidelines.

Do this:

Take **deep breaths** and calm your mind: Before starting the exam, take three deep breaths to calm your mind and reduce any anxiety or stress you may be feeling.

3 EASY STEPS TO INCREASE YOUR SUCCESS



1

If the question asks, "***What are the three main causes of global warming?***"

underline or highlight "**three**" to ensure that you don't accidentally provide only two or four causes.



2

If the question asks, "***What is the significance of the Treaty of Versailles in world history?***" highlight "**significance**"

to ensure that you don't simply provide a summary of the treaty but instead discuss its broader impact.



3

If the question asks, "***Using the provided data, analyse the trend in sales over the past year,***" underline or highlight

"**provided data**" to ensure that you don't use other sources or assumptions in your analysis.



ANSWERING THE EXAM QUESTIONS

DO THIS:

Exam question: English: ***"Write a five-paragraph essay discussing the impact of social media on today's society."***

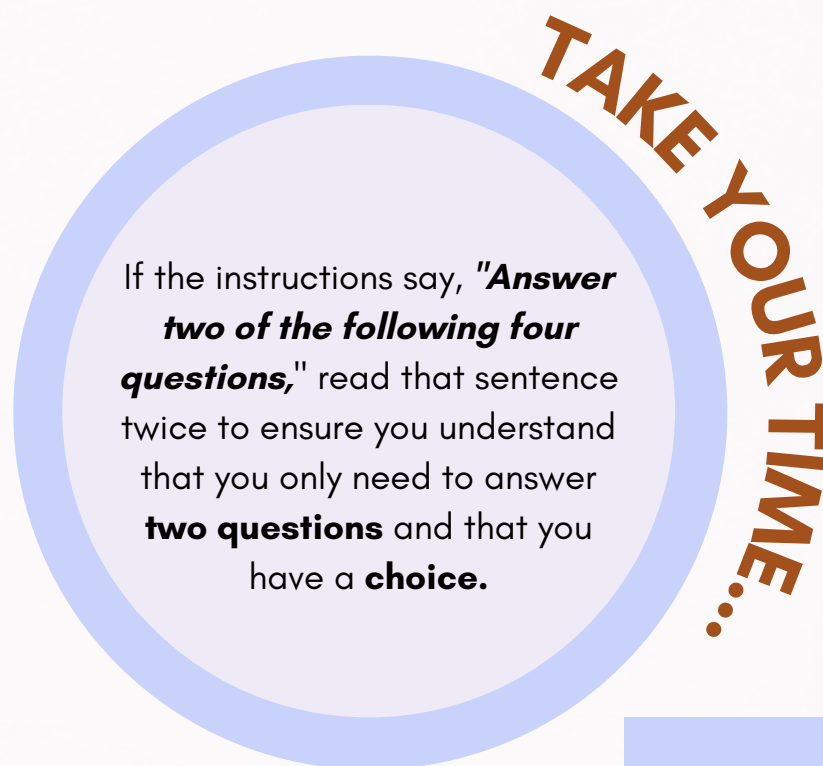
1 First, introduce the topic and provide some background information.

2 Then, discuss the positive impact of social media on society.

3 Next, discuss the negative impact of social media on society.

4 Finally, summarise your arguments and provide your own opinion on the overall impact of social media.

Read each question twice: Read each question carefully twice to make sure you understand what is being asked. Underline or highlight keywords or phrases to help you remember what is required.



**DON'T RUSH YOUR
ANSWERS**

If the instructions say, "**Answer in complete sentences,**" read that sentence twice to ensure you understand that you need to provide a **full sentence** as your answer.

REMEMBER...



Just do one more...

- One more past paper
- Ask your tutor one more question
- Go to one more booster session
- Revise for one more hour
- Read one more page
- Read the question one more time
- Read over your answer one more time
- Take one more deep breath

When you think negatively about your ability to succeed, try to reframe those thoughts in a more positive light.

For example, instead of thinking, "***I'll never be able to pass this exam,***" try thinking, "***I may not know everything, but I have prepared as best I can and will do my best.***"

PREPARE AS MUCH AS YOU CAN AND YOU WILL DO GREAT!