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UCSI Student Development & Counselling Department

FEAR OF EXAMS?

Tips to Overcome Exam Anxiety

Exam anxiety is a common psychological challenge that many students face. It can lead to extreme distress and affect performance during exams.

Understanding the causes and symptoms can help you manage and reduce exam anxiety effectively.



Causes of Exam Anxiety



SYMPTOMS OF EXAM ANXIETY

Physical Symptoms

- Headache
- Nausea
- Panic attacks
- Lightheadedness
- Excessive sweating
- Shortness of breath
- Rapid heartbeat
- Changes in appetite and sleeping patterns

OH NO...



Emotional Symptoms

- Fear
- Helplessness
- Anger
- Disappointment
- Nervousness
- Overwhelm
- Guilt
- Self-doubt
- Stress



Cognitive Symptoms

- Difficulty staying focused
- Going blank
- Racing thoughts
- Comparing oneself with others



Behavioral Symptoms

- Restlessness
- Procrastination or avoiding study-related matters
- Withdrawing from others
- Not attending exams
- Using substances as a distraction



EFFECTIVE WAYS TO MANAGE EXAM FEAR



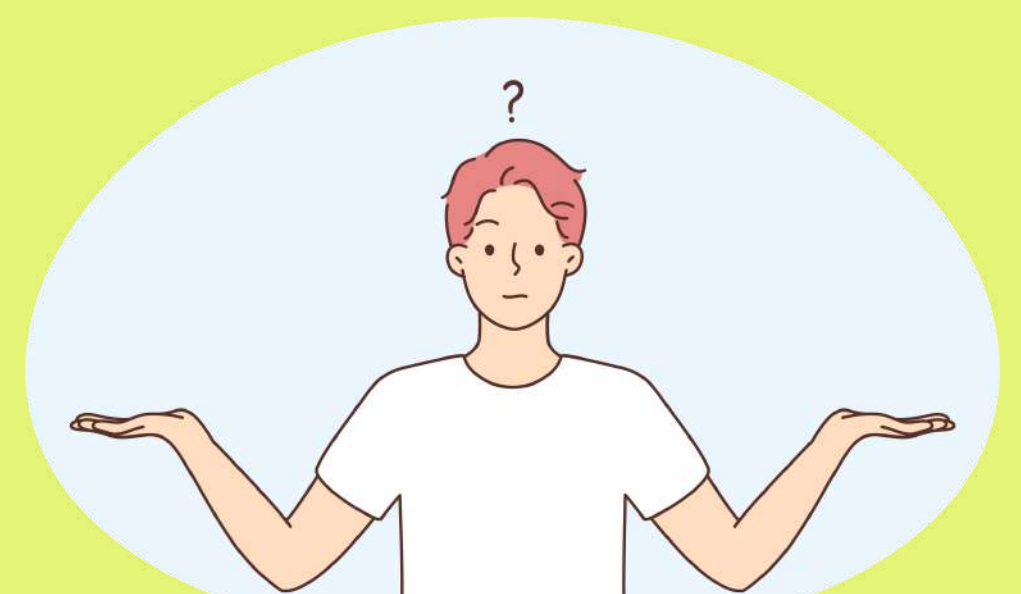
Tip #1: Study Effectively

- Start early with preparation.
- Identify possible distractions and minimise them.
- Avoid last-minute cramming, which can increase anxiety.
- Break down complex topics into smaller, manageable parts.
- Practice memory enhancement techniques.
- Discuss difficult concepts with friends, seek guidance from tutors, or join study groups.



Tip #2: Address Unhelpful Thoughts

- Recognise and challenge unhelpful thoughts.
- Develop realistic expectations for yourself.
- When unhelpful thoughts arise, say 'STOP' and shift your focus to relaxation techniques like deep breathing, mindfulness, or visualisation.



EFFECTIVE WAYS TO MANAGE EXAM FEAR



Tip #3: Adjust Your Attitude

- Avoid comparing yourself to past performances.
- Use positive self-talk and affirmations to encourage yourself.
- Reward yourself after exams to reinforce positive behaviour.
- During exams, maintain a positive mindset and offer yourself praise for your efforts.
- Don't hesitate to ask for help when needed.



Tip #4: Maintain a Healthy Lifestyle

- Engage in regular aerobic exercise to reduce stress.
- Ensure you get enough sleep, eat well, and stay hydrated during exam periods.
- Limit or avoid substances that can increase anxiety, such as caffeine, sugar, and nicotine.



For further support, please don't hesitate to contact us!

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