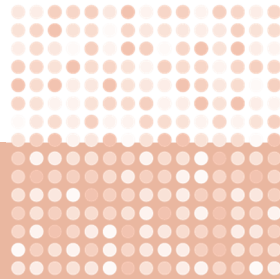




GLION SELF-HELP SERIES

Mental Wellbeing



Exam Anxiety

Read about this topic & understand
what you are experiencing, as well
as tips on how to manage it.



Experiencing anxiety before an exam can happen! It's a natural emotion that occurs to help us become more alert. While some anxiety could help us to focus and give us more motivation, too much anxiety could be overwhelming and needs to be managed and brought under control. If we experience too much pressure, we don't perform as well as if we just had the low-level pressure necessary to perform well. However, pressure doesn't necessarily cause anxiety.

●●●● TIPS FOR MANAGING ANXIETY ●●●●

Plan your study, avoid working at the last minute or the day before. Preparation is the key.

Stay positive, avoid bad thinking of yourself.

Imagine what questions may be asked, try to answer them by integrating the knowledge you just learnt during your course.

Get a good night's sleep, exercise regularly, eat and drink sensibly.

Change your perspective, think positively, it's just an exam, you can succeed.

Revise with peers, you will benefit from this social support.

Reward yourself after the exam, physically and emotionally.

Talk to someone if you need help, friends, family, or your tutor, learning support, GIHE health and wellbeing.

●●●● ON THE DAY OF THE EXAM ●●●●

Eat a moderate breakfast and avoid too much caffeine.

Avoid colleagues who generate anxiety.

Do something relaxing before the test. Last minute revision could cloud your knowledge of the subject.

If waiting causes you anxiety, distract yourself, maybe with your smartphone.

Be ready early to start your exam and aim to relax.



●●●● DURING THE EXAM ●●●●

Review the entire test.

For multiple-choice questions, first read all the options, before answering.

Don't rush, take your time.

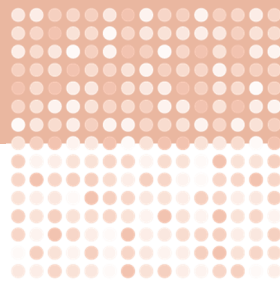
Release the tension, tense and relax your muscles throughout your body.

Regulate your breathing, breathe in through your nose, for 4 seconds, hold for 4, then slowly breathe through your mouth.



●●●● OTHER GUIDES IN THE GLION SELF-HELP SERIES ●●●●

- Anger management
- Anxiety
- Assertiveness
- Confidence
- Constructive criticism
- Coping with homesickness
- Depression
- Developing purpose
- Emotional Intelligence
- Enjoy what you have
- Exam anxiety
- Frustration
- How to be happy
- Learning from mistakes
- Loneliness
- Looking after yourself
- Managing conflict
- Managing conflict
- Motivation
- Negative thinking
- Overcoming procrastination
- Perfectionism
- Planning and prioritizing
- Public speaking
- anxiety
- Regaining control
- Relationship break-up
- Self-confidence
- Setting into university
- Stress management
- Time management
- Worried about someone



Contact us

THE WELFARE TEAM

healthadvisor.bulle@glion.edu
healthadvisor.glion@glion.edu

THE LEARNING SUPPORT TEAM

learningsupport@glion.edu