

Exam stress management

[Health & Medicine](#), [Stress](#)



Exam stress management Notes for slide one Excessive worry about upcoming exams, fear of being evaluated, and apprehension about the consequences are some of the factors that cause anxiety and exam stress. Exams are pretty much always stressful but it's completely possible to manage some of the stress that's brought on by exams if you manage your time properly and meet all the information needs without burning yourself out. Certain techniques that you may use for exam stress management are :

Notes for slide two " improving learning skills" Use review cards

Always keep some review cards with you to read over when you are waiting for something else to happen. This could include when you are traveling or waiting in line at the bus stop, bank, supermarket, cafeteria and so on. You could also place review cards in common locations which you pass frequently in your house, such as on the fridge door, bathroom mirror, etc. Frequent repetition and review is one of the keys to remembering information easily and effectively. Activity for students during the workshop: ask them to prepare revision notes in form of review cards on one of their topics.

Slide three: Create a road map for studying Make your books, notes and essays user-friendly. Use headings and highlighting to prepare your learning Journey beforehand. Use various color of high lighters to categorize the notes in order of their importance. For example things that you still have to learn can be highlighted in bold shades like pink or yellow while for the things you have already memorized in past can be marked green. The road map to studying can be created using stick on in heap of different colors.

Place red stick on in shape of a book mark on all the activities that are urgent and are related to the topics that your teacher has guided you will carry most marks in the exam, topics that you have already revised can be put under a green stick on while attach yellow stick on to the pages that you have already memorized and you plan to revise those topics on the last night. In this way the landmarks are clear in your mind before you try to commit information to them mitigating your stress levels.

Activity for students during the workshop: provide them with stick ons of red, yellow and green and ask them to create a road map for one of their subject.

Slide four: The Link and Story Methods The Link Method is one of the easiest mnemonic techniques available. You can use it to remember long lists or acronyms by making simple associations between items/ words in the acronyms and linking them with a vivid image/ story/ rhyme containing the words. Taking the first image, create a connection between it and the next item and so on.

Activity for students during the workshop: ask them for most common abbreviations they use or have difficulty in remembering and make a story on one of them. Slide five " Time management" Slide five: Use a calendar In addition to your weekly planner, invest in a large monthly wall calendar. Jot down all the important due dates, deadlines, exams, etc so they are in front of you as a visual reminder. This will make you more aware of important dates and allow you to adjust or rearrange plans if you are behind schedule.

Slide Six: Make a schedule After establishing your priorities, set up a schedule which respects your priorities. A wide variety of student organizers,

diaries, planners, electronic tools and time management systems are available on the market. Choose or create whatever seems best for you. Many students select weekly planners that enable them to see the big picture more easily. Make sure your system is something you are very comfortable with as you will be referring to it often. Then, set up your schedule in this order: Mark in all your fixed commitments such as classes, seminars and tutorials.

These are the givens, which you cannot change. Add in study time. Block off large sections of your day, reserved for studying alone, as well as shorter review periods. Organize your peak study times to coincide with the times of day when you are most awake and alert. Mark in other non-study activities. These are the important but lower priority items, such as exercise, recreational classes, or socializing, which you will fit in when possible. Slide seven: to do lists To-Do Lists are prioritized lists of all the tasks that you need to carry out.

They list everything that you have to do, with the most important tasks at the top of the list, and the least important tasks at the bottom. By keeping a To-Do List, you make sure that your tasks are written down all in one place so you don't forget anything important. And by prioritizing tasks, you plan the order in which you'll do them, so that you can tell what needs your immediate attention, and what you can leave until later. To-Do Lists are essential if you're going to beat work overload. How to prepare to do lists- Step 1: Write down all of the tasks that you need to complete.

If they're large tasks, break out the first action step, and write this down with the larger task. Step 2 Run through these tasks allocating priorities from A (very important, or very urgent) to F (unimportant, or not at all urgent). List tasks in order of importance and start working upon them. Activity for students: ask them to prepare a to do list for the activities relating to their current week. Slide eight: managing time given in exam Allow sufficient time at the beginning to - read through the paper - decide which questions you're going to answer, and - how you're going to approach them.

Allocate time for each question based on the number of marks it's worth. allow time at the end to check your work and fill in the gaps Never forget to allocate 5 minute reading period in which you must read all questions carefully, underline important factors in that questions, circle the questions that you hope to attempt in case of a choice, once you have read the entire question paper carefully, now start attempting the questions and start marking the questions that you have solved. At the end of the exam, reserve at least 15 minutes revision time at the end for checking.

Slide nine: physical stress busters Get plenty of Sleep - your body needs time to process all the information you are taking in and re-energise, so that it is ready for the day ahead. Eat Healthy - avoid processed and fast foods as much as possible. Try eating foods high in omega 3 as this is great brainfood. Avoid Caffeine (e. g. coffee, caffeine tablets, Red Bull) and high sugared snacks, as these give you a short lift before making you crash and burn. They can make you feel sick and can interfere with your sleep and therefore your ability to concentrate.

You actually study better with regular breaks, getting lots of sleep and from exercising. Avoid Cramming the night before an exam, make sure you get a good night sleep and wake up earlier if you want to read over your notes rather than staying up late Slide ten: creativity skills Brainstorming is commonly used to generate ideas, and to come up with creative solutions to problems. Brainstorming combines a relaxed, informal approach to problem solving with lateral thinking. It encourages people to come up with thoughts and ideas that can, at first, seem a bit crazy.

Some of these ideas can be crafted into original, creative solutions to a problem, while others can spark even more ideas. This helps to get people unstuck by "Jolting" them out of their normal ways of thinking. Decision trees can be used as a tool while brainstorming on a specific tasks for example your English essays or while planning an experiment in your biology. You start a Decision Tree with a decision that you need to make. Draw a small square to represent this towards the left of a large piece of paper.

From this box draw out lines towards the right for each possible solution, and write that solution along the line. Keep the lines apart as far as possible so that you can expand your thoughts. After you have written the solutions, elaborate each solution further till you have a flow chart. Basically you will be combining action choices with different possible events or the results of action Activity ask students to draw a decision making tree on _(topic to be discussed with sir abad tomorrow)