

## HOW TO REDUCE EXAM ANXIETY



### WHY SHOULD YOU LEARN THIS?

It's common to feel anxious or stressed about exams (or any type of test). But there are ways you can minimise the pressure, so you stop sweating and go into your exam with a clear head and calmed nerves. This means you have a higher chance of giving it your best and achieving great results.

### WHAT?

Learn techniques to reduce stress and feel confident before an exam.

### INSTRUCTIONS:

#### You will need:

- Writing materials/a computer or tablet
- A desk and comfortable chair
- Access to apps
- The great outdoors

### WHAT TO DO:

- 01 Study early.** Aim to start revising at least four weeks before an exam. Your brain – and stress levels – will thank you!
- 02 Make time.** Create a study timetable that's realistic and fits your schedule. For example, don't aim to do four hours of biology studies on Monday if you have sport after school that day.
- 03 Set up your space.** It's important to create a study space that helps you feel calm and focused. It needs to be comfortable and ergonomic. Choose your noise level: quiet, with music or listening to ambient noises.
- 04 Say 'no' to distractions.** Will you study less if you're with friends, then worry later about how much studying you still have to do? If so, take a raincheck and catch up in between study sessions or after your exam.
- 05 Fight the phone.** Take control of the time you spend on your phone. Check out Flora, a free app that helps you manage screen time by growing a virtual garden each time you put down your phone. You can grow a garden with friends, too. <https://flora.appfinca.com/>
- 06 Look after yourself.** Eat well and get lots of sleep. Self-care is also about small things you can do for yourself each day that aren't about studying, such as doing something creative to let your mind relax and process what you've been studying. This will help your motivation, memory and general wellness.

Smiling Mind has a great clip on self-care and the four 'buckets' you can fill daily.

<https://www.smilingmind.com.au/secondary-school-program-feeling-it>

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**Get moving.** Exercise relieves stress and clears your mind. You don't need a private gym or hours of time. A 10-minute walk around the block will clear the cobwebs. Or, this free 7-Minute Workout app is a great way to break up time at your desk. <https://7minuteworkout.jnj.com/>

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**Don't forget your teachers.** They're there to guide and help you. If you're struggling to grasp something, or you feel overwhelmed by the amount of content to learn, reach out and ask your teachers for strategies.



## GOT IT?

- You feel ready for an exam – and like you've made the most of your studying time. You've discovered the things that help you stay calm, so it's no longer difficult to prepare for and sit an exam.



## TRY THIS

If you feel like you've nailed it but you want to level up, try this:

- Apply these tips to other situations that might make you anxious, such as preparing for a job interview.
- Go to an event or conference about exam preparation. You can sometimes find one that teaches you about the topic you're studying and how to sit the test for it.

## SO WHAT?

- Many people experience anxiety before exams. It's helpful to have a few go-to tips to help you feel calm and give you a greater chance of exam success.
- You'll be equipped to reduce stress and face other stressful situations in life.

## WHAT ACTION WILL YOU TAKE?

- Ask your teachers how much time they recommend to study for their subject's exam.
- Start planning your study timetable in advance.
- List the self-care activities you'd like to do, to break up your studying and reward yourself.



## IF YOU LIKED THIS ONE YOU MIGHT WANT TO TRY...

- How to Take Great Study Notes
- How to Write Study Goals
- How to Use the Pomodoro Productivity Technique
- How to Bake Bread