

Exams at Robert Hall

2023

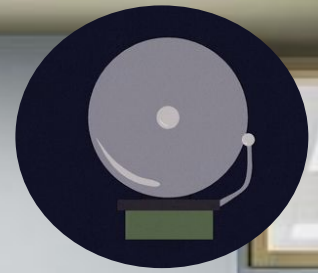


What to expect ...

Exams at Robert F. Hall

Day	Topic
Tuesday	Schedule/Day
Wednesday	What to expect
Thursday	Study Tips
Friday	Test Anxiety/Mental Health

Day 4 - Test Anxiety



During tests, do you.....

- ✓ Feel like you "go blank"?
- ✓ Become frustrated?
- ✓ Find yourself thinking, "I can't do this"
- ✓ Feel your heart racing or find it difficult to breathe?
- ✓ Suddenly "know" the answers AFTER turning in the test?

YES? Then this information may be just what you need!

Test Anxiety

“Psyched Up”

BUT NOT

“Psyched Out”

In order to perform well in a challenging situation, you must be psychologically and physically alert! This level of alertness is essential for optimal performance. The increase of alertness is the idea behind “psyching up” and it works!!

Test Anxiety

“Psyched Up”

BUT NOT

“Psyched Out”

When it gets too high, we often begin to feel nervous and experience anxiety, which becomes distracting and performance declines – we get “psyched out”

Test Anxiety

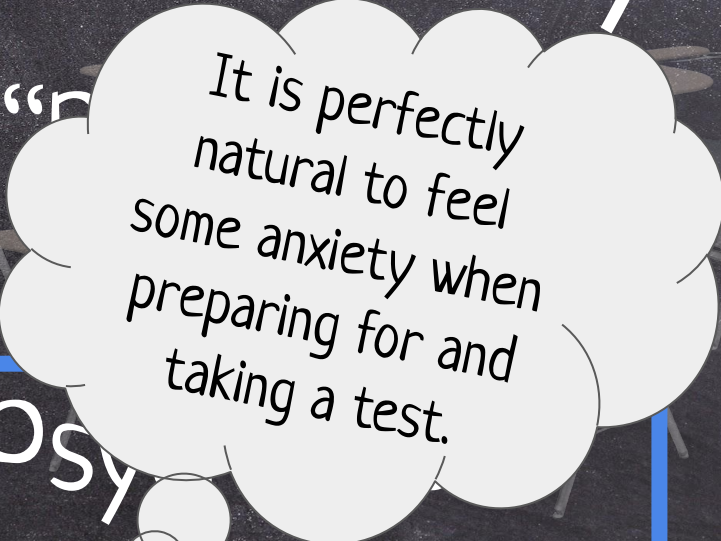
“Psyched Up”

BUT NOT

“Psyched Out”

Almost everyone feels nervous or experiences some anxiety when faced with a test or an exam.

Test Anxiety



It is perfectly natural to feel some anxiety when preparing for and taking a test.

“psy

Almost everyone feels nervous or experiences some anxiety when faced with a test or an exam.

Test Anxiety – “Psyched Out”

35% of all
students have



moderate,
high,
or severe
test anxiety.

In fact, it is unusual to find a student who doesn't approach a big test without some degree of anxiety.

Symptoms : What does “test anxiety” look like

Headache

Blurred Vision

Increased Heart
Rate

Flushed Cheeks

Shortness of
breath

Dry Mouth

Nausea

Shaky Hands



Reducing Test Anxiety

Start studying as **early as you can** and continually **review** your material.

Pack your materials **ahead of time** and plan to get **plenty of sleep** the night before...

Wake up a **little earlier**, give yourself **extra time** to review materials the morning of your exam.

1. Prepare in Advance

Being well prepared for the test is the best way to reduce test taking anxiety.

Reducing Test Anxiety

Check your thoughts! Are you **assuming the worst** or **jumping to conclusions**?

Tell yourself **you can do it!** If you begin to feel nervous, take a few deep breaths to relax yourself.

If you have any **“good luck charms”** or **comfort objects**, talk to your teacher about bringing them with you to the exam (i.e. a squishy ball)

2. Change Your Thinking

Thinking positive thoughts both when preparing for your exam and actually writing it will greatly reduce anxiety levels.

Reducing Test Anxiety

Get **enough sleep**
the week leading up
to exams

Eat **healthy meals &**
exercise

Take the time to do
something that makes
you feel happy. Spend
time with **people you**
love

3. Self-Care

Taking care of yourself properly and ensuring you take the time for self-care strategies will help you to better deal with the pressure felt by exams.

Reducing Test Anxiety

Read directions
slowly and **carefully**

Don't get hung up on
how fast others
finish their own test;
**just concentrate on
your own**

If you don't know a
question, **skip it for the
time being**. Remember
you don't have to answer
every question right in
order to be successful.

4. Take Your Time & Focus

Ensuring that you focus on the exam as your one job (and not getting distracted) will help reduce anxiety.

Try to stay on task
and not let your
mind wander. **Focus
on your question at
hand.**

Reducing Test Anxiety

Make a “test
day mantra”

Practice
controlled
breathing
exercises

Practice repeating
positive thoughts to
yourself.

**POSITIVE
AFFIRMATIONS**

Come up with your
own “Positive Self”
Statements”...next
slide

5. Practice Calming Strategies

Having a strategy to deal with stress and anxiety when it arises will help you deal with it more effectively.

Positive Self-Statements

Positive Self Statements:

Regularly practice being “kind to yourself” (say positive things about yourself), rather than being overly self-critical.

- i. For example: Instead of saying “I will fail”, say something like... “I know I can do this”; “Everyone experiences anxiety. I can handle this”



Coping Statements

Coping Statements:

Try coming up with statements that remind you how you can cope with a situation

- i. For example: “If I get anxious, I will try some calm breathing”; “I just need to do my best.”



Some Positive Affirmations

- 😊 “I can do this.”
- 😊 “I am calm and focused.”
- 😊 “I take care of myself. I allow myself to take breaks.”
- 😊 “I have studied hard this semester. I am smart and capable.”
- 😊 “I know this material.”
- 😊 “I possess the strength and ability to accomplish all of my goals and dreams.”



Pre-Exam Meditation

Exam Meditation

Scan the QR code to have a
copy of this for yourself!

You can listen to it the morning
before your exam!



Lunchtime Exam Prep Sessions

To Sign-up- Make sure you're logged into your DP account to access the QR code



Monday January 16th

Exam Prep: Study and Tools
Room 203 on your lunch

Need help organizing your notes? Don't know where to begin?

Visit our session to hear about some creative study tools to help you prepare!

Tuesday January 17th

How to Cope with Exam Stress
Room 203 on your lunch

Feeling overwhelmed? Need some tips and advice?

Visit our session to gain some coping strategies to help get you through exams.

Bring your lunch!