



Christchurch Girls' High School

Embrace Tradition. Embrace Innovation. Embrace Excellence.

Dealing with Exam Anxiety

Student Workbook



Name: _____

Form: _____

Feeling anxious about assessment is normal & to be expected

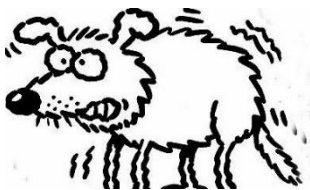
A moderate amount of anxiety may not be a bad thing. It can sharpen concentration & performance and help to create the extra energy & momentum needed to keep studying, when you might prefer to be doing something else.

Consequences & effects of exams

For some people just the mention of examinations or thinking about assessments, presentations or assignment deadlines can lead to some physical, mental & emotional reactions.

Which of these symptoms do you experience at the thought of exams?

	√
Sweaty palms	
Dry mouth	
Feeling sick	
Feeling shaky in the legs & abdomen	
Feeling tearful	
Becoming fearful	
Panicky	
Wanting to escape	
Heart pounding	
Can't concentrate	
Mind wandering	
Can't sleep	
Feeling tired	
Finding reasons for lots of sleeping	
Can't eat	
Eating more than usual especially snack foods	



- If you spend weeks doing nothing but eating, sleeping & trying to study, the chances are you will feel miserable, more anxious & find it harder to concentrate.
- It is important to take time to relax.
- There are heaps of ways to chill out. Here are a few ideas. List your top five!



THINGS I DO TO RELAX ARE:

- 1.
- 2.
- 3.
- 4.
- 5.

THINGS I DO FOR EXERCISE &/OR FUN ARE:

- 1.
- 2.
- 3.
- 4.
- 5.

- ✓ Although exams need to be taken seriously, it is also really important to stay active & have fun, so that you will be at your best while studying & during the exam.



Positive Statements & Rewards

It is important to stay positive & motivated if you are going to achieve your best. Positive statements, images & rewards can help you do this.

- ✓ Try placing & displaying positive & encouraging images around your work space.
- ✓ Carrying supportive words, phrases or photos with you in a pocket, bag or book can also help.
- ✓ Some people also like to give themselves a reward or small treat each day.

Three helpful things I can say to myself are: **I can reward myself with:**

1.

2.

3.

Study Skills

What are your top three study skills? i.e. prompt cards, mind maps. If you can't answer this then visit the following websites for specific advice related to study techniques.

- www.wcl.govt.nz/teens/studystoponline.html (Make sure you click on the 'Study Style Quiz' & check out the 'Online Study Hints & Help' section)
- www.studyit.org.nz

Top Ten Study Tips

See the daily notices, check your school email or come and see the guidance counsellors for some helpful study tips. Record each one below.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.