

Resilience During Exams

Exam time can often be stressful and nerve wracking; while some stress can be a positive motivator, being too nervous or tense can be problematic, especially if it interferes with your performance. Now is the time to focus on what you can do to get yourself through this demanding period, here's some advice to help make exam time less stressful.

Deal with your anxiety - Try to determine the source of your anxiety, if it stems from a lack of preparation on your part, your anxiety is considered a rational response. However, if you believe that you are prepared for the test, but are still panicking or overreacting, this may be an irrational response. Either way, it can be very helpful to know how to work with their effects.

Prepare for those tests and assignments - This is the best way to minimize anxiety. Here are a few tips for preparing for an exam:

- Avoid cramming as this can produce high levels of anxiety and is not helpful in trying to learn a large amount of material.
- Instead of trying to memorize all of the intricate details from an entire semester's worth of notes and readings, try combining everything and learning the larger, main concepts first.
- When studying, try to create questions that could possibly be asked on the test. Try integrating ideas from lectures, notes, books and other readings.
- If it is impossible for you to cover all of the material for the test, choose one portion that you know you will be able to cover and present well.

For more information or support with exam preparation, contact the Learning Development Service or take a look at their online resources at www.qub.ac.uk/sgc/learning

Change your attitude - It can help to change the way you think about sitting exams. An exam will not predict your future success or determine your self-worth. Changing your attitude can actually help you enjoy studying and learning. Here are some ways you can work on changing your attitude:

- Remind yourself that it is only an exam and there will be others.
- Reward yourself when the exam is over.
- Think of yourself in a positive way. Think of all the hard work you have done already or think of what you do know.
- Plan ways to improve next semester

Don't forget the basics - Do not forget about yourself and what you need. This means thinking of yourself as a total person, not just as an exam sitter.

- Maintain proper nutrition and exercise, and continue some of your social or recreational activities. It is ok to take a break once in a while. During the exam period (Monday 12th January - Tuesday 27th January) support staff will be available to take students on quick walks (10-20mins) of Botanic Gardens to help students de-stress! Walks will leave from the front of the library each week day at 11am and 2pm, so come along and get involved!
 - Make sure you get plenty of sleep. You cannot function at your best if you are tired.
 - Do something relaxing when you feel adequately prepared.
 - Finally, when exam day comes, make sure you eat breakfast and avoid caffeine. Caffeine can give you the jitters and disturb your concentration. Again, try to do something relaxing before the test.
- Cramming minutes before can produce anxiety. Get to the test early...Good luck!

