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'Think positive as your exams approach'



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**On handling
exam anxiety**

Exams are on now. Who is more prone to examination fear?

Someone who is appearing for a crucial examination is more likely to develop examination fear. Also, someone who has failed in any previous examination and has a lot of pressure from teachers, parents or even from himself. Students who are afraid of severe punishment or are anxious about their future and those who have selected only a few chapters to study and try to read only those chapters can develop such a fear.

What is the best way to handle exam anxiety?

Identify the cause of anxiety and fight negative thinking. Set realistic goals and follow the same study schedule. Eat and sleep well and talk to someone trustworthy if you are anxious.

How does one reduce examination fear?

Do not worry about failures. Learn from your setbacks; analyse past performances and make amends. Following the right study techniques also helps. Don't study fresh as the exam is nearing — revise and do some breathing exercises if you feel tense.

Entertaining doubts about your ability to do well in the exams, anticipating failure or fears of scoring less won't solve problems. Think positive as your exams approach.

What about exam-eve blues?

Plan ahead. Do not study too late in the night. Make sure you have everything with you the day before, double check the time and place of the exam and what time you must leave home. Remember, you have prepared well, so be confident.

**'If you are
anxious, talk
to someone
trustworthy'**

VINITA A SHETTY