4 Ways to Overcome Test Anxiety by @inner_drive | www.innerdrive.co.uk

USE SELF TALK

Talk to yourself in a positive way, focusing on previous exam success.

USE REFRAMING

Look at test anxiety in a helpful way. Test anxiety is natural and can be beneficial to performance.

PREPARE WELL

Good preparation does not only involve carrying out the necessary revision. Other preparation such as getting a good night's sleep before an exam improve your performance.

TAKE DEEP BREATHS

This will allow you to reduce your heart rate and take control of your emotions.

4 Ways Your Students Can Manage Exam Nerves

by @Inner_Drive www.innerdrive.co.uk



Under pressure, people tend to rush, as they underestimate how much time they have available. This leads to sloppy mistakes. Advise your students to slow down and focus on one thing at a time.



One of the side effects of being nervous is that your mouth feels dry. This draws attention to how nervous you are and creates a vicious cycle. The solution; take regular sips of water in exams.



Channel your Nerves

Being a bit nervous before and during exams is no bad thing. If channelled correctly nerves can help you prepare more thoroughly and focus better.



Have students listen to chilled music for 30 mins before an exam. Their heart-rate will lower and their mood will improve.



- Reframing See things as an opportunity not a threat.
- Self-talk Talk to yourself in a positive, helpful and energised way.
- Picture Perfect Visualise yourself performing successfully.
- Face your fears head on Focus on what you can do to make the situation better.
- Know that everyone gets nervous Nerves are normal and can help you do better.



- **EXPLAIN IT TO YOURSELF** You are more likely to remember it as you will find deeper connections.
- CHANGE YOUR LOCATION Revise in a an environment similar to your exams, i.e. in a quiet room in front of a desk.
- THINK ABOUT THE FIRST AND LAST IDEAS
 Study your most challenging topics first and last.
- **CLOSE YOUR EYES** A recent study of students found that this improved recall by 23%.
- READ THINGS ALOUD Another study found that this improved recall by 12%.
- DRAWING For simple memory tasks drawing has been shown to be more effective for recall than writing.

EXAM COUNT DOWNUSE YOUR TIME WISELY

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TWO WEEKS TO GO

Plan your revision effectively by spacing it out. Little and often is better than cramming at the last moment.



ONE WEEK TO GO

Do lots of past papers and quizzes. Teach the material to someone else. Seek advice, guidance and feedback from others.



THE NIGHT BEFORE

Pack your bag for the next day. Do an equipment check. Get plenty of sleep.



THE MORNING OF

Eat breakfast to fuel you for the day.



AN HOUR BEFORE

Get to school early and spend time with relaxing people.



1 MINUTE BEFORE

Take a deep breath and gather your thoughts.



AN HOUR AFTER

Once you have reflected on the exam, don't dwell on it. Move on.



7 Things to Think About

the Night Before an Exam

by @Inner_Drive www.innerdrive.co.uk

- POSITIVE IMAGERY
 - Spend some time visualising a positive exam experience. This will increase your confidence, help with nerves and enhance your mood.
- Think about a previous good performance.
 What helped you do well that time and how will you apply that tomorrow?
- YOUR PREPARATION

 Boost your confidence by reminding yourself of how well you have prepared and how much revision you have done.
- Focus on You
 Focus on yourself and don't compare yourself to others as this will make you feel stressed. Instead, focus on what you can control.
- THE CHALLENGE

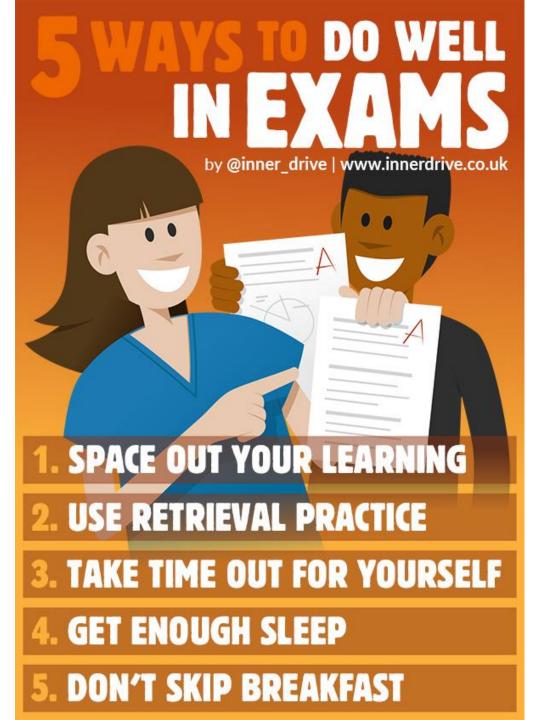
 If you see the exam as a threat, it will make you stressed. View the exam as an opportunity or as a challenge. This will make you feel better.
- OVERCOMING SETBACKS

 Remind yourself how you overcame previous setbacks.

 This will help you deal with future challenges and build mental resilience.
- A GOOD NIGHT'S SLEEP

 A good night's sleep helps improve creativity, problem solving, concentration and memory.

 This is more important than last minute cramming.





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TAKE SOME DEEP BREATHS

This will help clear your head and give you time to think.

RE-READ THE QUESTION

This will help ensure you don't misread the question and avoid making sloppy mistakes.

THINK BACK TO YOUR REVISION

Have you answered similar questions previously during your revision?

WHAT WOULD YOUR TEACHER SAY?

What advice would your teacher give you to help you right now?

SOMETHING IS BETTER THAN NOTHING

Better to guess the answer than leave it blank. If you don't write anything down you are guaranteed to get zero marks.

STICK TO YOUR EXAM STRATEGY
If you have a bad first question, stick to your pre-planned strategy and don't let the bad start affect your performance on the next question.

DON'T PUT TOO MUCH PRESSURE ON YOURSELF

Work your hardest and do your best. Some stress is good but becoming too stressed doesn't help you think clearly under pressure.

10 tips to prepare for your first exam

by @inner_drive | www.innerdrive.co.uk



Schedule in time for yourself



Ask your teachers and support system for help



9 **Get enough sleep**



WHAT TO DO AFTER A BAD EXAM

by @inner_drive | www.innerdrive.co.uk



- 1. Let your emotions out Cry or be angry about it for a bit if you need to.
- 2. Don't dwell on it
 Remember that it is not the end of the world.
- 3. Turn failure into success
 Reflect on what went wrong and use it to
 help you prepare for what comes next.
- 4. MOVE ON

 Set it aside and focus on your next exam.



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Remind yourself of your exam strategy

