Ideen für nach der Prüfung

- Versuchen Sie nicht, im Nachhinein geäußerte Rücknahmen zu führen.
- Schließen Sie Ihre Aufmerksamkeit von der Prüfung um, die Sie gerade absolviert haben, auf die Prüfungen, die kommen könnten.
- Überprüfen Sie Ihre Stressmanagement/Relaxationstechniken zu sehen, ob sie Ihnen bei der Bewältigung von Stress halfen. Suchen Sie Hilfe, wenn es erforderlich ist.
- Belohnen Sie sich oder vergewissern Sie sich, dass Sie sich einen Erholungspausch auf einen anderen Weg gestartet haben.

Wenn Sie nicht zugelassen werden

Vermeiden Sie sich nicht mentale. Versuchen Sie, sich auf das, was am besten für Sie kommendes Jahr ist, zu konzentrieren. Überprüfen Sie folgende Fragen:

- Haben Sie in Ihrem Fach Interesse gehabt? Gibt es einen anderen interessanteren Thema, das Sie auf dem Weg zu Ihrem Ziel bringen könnte?
- Haben Sie den Zeitrahmen der Prüfung unterschätzt?
- Haben Sie sich überschwenglich engagiert? Wir haben unterschiedliche Arbeitsniveaus. Weniger Prüfungen oder Themen könnten die Antwort sein.
- Benötigen Sie Hilfe, um die persönlichen oder finanziellen Belastungen zu lösen, die Sie dieses Jahr durchgemacht haben?

Weitere Gedanken:

- Wenn Sie das gleiche Thema nächste Jahr studieren, können Sie es leichter bestehen, da Sie einen zusätzlichen Vertrautheit mit dem Thema haben.
- Sie könnten ein "Break" von der Prüfung brauchen. Wenn ja, viele Studenten finden berufliche Umsetzung und Support hilfreich, um alternative Optionen zu erledigen.
Most students notice some anxiety and tension at the thought of sitting exams. Some students, however, will experience a degree of stress and anxiety that is quite defeating. Their fears can affect them physically, e.g. difficulty sleeping, headaches or stomach upsets, and mentally, e.g. lack of concentration, irritability and gloomy feelings.

It then becomes important to take steps to minimise and reduce these feelings.

How to cope

1. Learning to relax can provide considerable relief. Use ways you find most helpful (exclude those that can create further problems, e.g. certain drugs). If your methods aren't helping, consider learning relaxation techniques from a trained person or from library books on stress and relaxation.

2. It may help to pay increased attention to:
   - having the right balance between exercise and rest
   - eating three balanced meals per day
   - having a set number of sleeping hours, e.g. 8 per night
   - monitoring drug intake (coffee, alcohol, etc)

3. You may be "awful-ising" (imagining the worst scenario). In that case, aim for a more realistic "positive" outlook by trying the following. When thinking a negative "awful-ising" thought, e.g. "I'm a failure anyway, what's the point?"
   - Tell yourself gently to stop.
   - Substitute a more realistic thought, e.g. "I might fail, but it's worth giving it my best shot. I could even pass!"
   - Try not to argue with the substitute thought. The idea is to accept that it might be possible.

4. Most schools, universities and polytechnics etc… have teachers, counsellors or nurses who are trained to help students with all aspects of exam stresses and in gaining that more realistic outlook. It may be worthwhile contacting them if you feel that your work is being affected. They can often help at very short notice.

Ideas for planning and studying

The term before exams...

- Organise and set a study timetable preferably well before the exams. You will probably need short breaks but be aware of diversions, e.g. a sudden desire to clean your room, etc, rather than study.
- Review your notes by reading actively - concentrate on what you are reading.
- Concentrate on learning what you don't know. If you give yourself a small test, you will find out your "weak" areas.
- Think of questions that may be asked. Practise on old exam papers.
- Try question and answer sessions with others - you may need to limit chat times or competition with other students in these sessions.
- Use rhymes or mnemonics as memory aids, e.g. In 1492 Columbus sailed the ocean blue, or ROY G BIV (for the colours of the rainbow). I suggest using these aids sparingly - it can be just as difficult to remember the rhyme or letters as the information.
- Put things into your own words. This helps you to know if you have actually understood the information.
- Let family and friends know that your increased time spent studying does not mean disregard for them and ask for their cooperation in your timetable. If you can, delay other major decisions and relationship changes until exam pressures have gone.
- Know the dates and times of exams you will be sitting.

Just before the exam...

- Check the date and time - you may feel calmer if you arrive slightly early.
- Check that you have the equipment you will need.
- It is usually better to avoid last minute discussions and arguments on what is likely to be examined.

During the exam...

- Read right through the exam paper, marking easier questions with a tick and difficult questions with a cross.
- Allow time per question according to the marks they are worth.
- Plan your answers.
- Answer the easiest questions first, then try the others. Attempt all questions if you can. It is often easier to get a few marks for each question than a lot of marks for one fully answered one.
- Stay until the time is up, checking your answers for spelling, grammar, legibility, etc…