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A high score is not the end of the world

With the admission season on, Meera Ravi, child counsellor, Prerana Academy, tells class X students how to tackle anxiety and cope with exam stress

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I've not done well in my first exam and I'm disappointed. What should I do so that it does not have an impact on my next exam?

The only way to ensure your next paper is not affected is to first know what factors contributed to the unsatisfactory performance. Was it inadequate preparation or nervousness during exam? If you can identify the exact reasons, disappointment can be avoided next time.

There are 18 chapters in social studies, but I could only prepare for 11. How do I manage?

I'm assuming that at this point you don't have any other option. Following are some tips which may help you manage the situation. Accept the fact that you are not fully prepared and might not know all the answers. This should be no reason to be upset. This will allow you to minimise anxiety by taking a few precautions:

A 10-minute relaxation exercise before you leave for the exam could be helpful. This can



be visualisation, meditation, muscle relaxation or deep breathing. Eliminate any negative self-talk and replace it with more helpful statements to yourself. Mentally yell 'STOP!' when worries or fears cause you to become anxious. Daydream before the exam. Fill your mind with pleasant thoughts to push out any anxiety that you may have. Once

in the exam hall take time to read the instructions carefully.

How do I manage in an exam hall when I realise that I do not know half the questions?

Under extreme anxiety students tend to magnify the problem. When you say half the questions, does it really

mean half? Well, if it is really true, there is no point in worrying about it at this point.

Try to be calm and handle the situation wisely. Begin by answering the easiest questions first to build up your sense of confidence. If you blank out on a question or cannot answer it, skip it and move on to another.

When you are unsure about an answer, mark the question and go back to it if you have time at the end of the exam. Avoid focusing on what other students are doing during the exam, as this is an unhealthy distraction.

Do not panic when you see others handing over their papers to the examiner. All through it's important to keep your calm and do some deep breathing. Tell yourself, 'you can do this'/'you are doing fine'/'one question at a time'/'this isn't as bad as I thought.'

If you think more rational thoughts, you will automatically feel and act in more positive ways, despite your level of belief in what you say. The more you practice thinking rationally, the easier it becomes.