



EXAM ANXIETY

Understanding & Managing The Exam Pressure

Authors: Filiz YILMAZ, Betül ASLAN, Derya SALAMAN, Şuhedanur ERŞİN, Birsengül ALTINBAŞ, Esra Nur KOÇ, Rabia AKYEL, Bilal GÜRGİL, Aysu GÜLER, Gözde ŞAHİN, Eyyüp BALTAŞ, Melik Şah AKŞİT

WHAT IS EXAM ANXIETY?

- Blank Out
- Negative Self-Talk
- Difficulty in Concentrating
- Excessive Worry and Catastrophe Scenarios
- Mental Confusion

THOUGHTS DURING A TEST

- "What if I can't do?"
- "Everyone is better than me."
- "I'm definitely going to forget."
- "There won't be enough time."

RECOGNIZING YOUR BODY'S SIGNALS

1-COGNITIVE

- Forgetfulness
- Negative Thoughts
- Blanking

2-EMOTIONAL

- Fear
- Panic
- Helplessness

3-PHYSICAL

- Rapid Heart Rate
- Shaking
- Sweating
- Shortness of Breath
- Muscle Tension and Headaches

WHAT NOT TO DO BEFORE A TEST

- Last-Minute Cramming
- Comparing Yourself to Others
- Negative Self-Talk
- Lack of Sleep

WHAT SHOULD YOU DO ON TEST MORNING

- Eat a Light & Balanced Breakfast
- Avoid Last-Minute Cramming
- 4-4-6 Breathing
- Pack Your Essentials
- Take a Calm Walk
- Use Positive Affirmations
- Trust Yourself

EFFECTIVE MANAGEMENT TECHNIQUES

- Prepare Smart
- Change Your Thinking
- Relaxation Exercises
- Healthy Habits

USE THE 5-4-3-2-1 TECHNIQUE

- See **5** Things
- *Feel* **4** Things
- *Hear* **3** Things
- *Smell* **2** Things
- *Taste* **1** Thing

MYTHS vs. FACTS

MYTHS

- "Anxiety always hurts performance."
- "Anxiety always limits performance."
- "Anxiety is only in your mind."

FACTS

- A small amount of anxiety can actually enhance motivation and attention.
- Managed stress can lead to better time management and preparation.
- Controlled stress can create a healthy drive for success.

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