



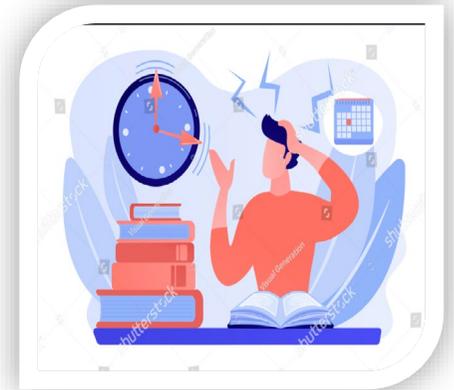
جامعة قطر  
QATAR UNIVERSITY

## How to successfully overcome exams anxiety



## Reasons for anxiety in the period before exams

- Nature of the personality.
- Surrounding circumstances (family-society-university)
- Lack of regular follow-up to lessons from the beginning of the year
- Student in the category of poor academic grades
- High expectations and raising the academic ambition level
- Troubled routines and excessive stimulants
- Pessimism and sitting with pessimistic students
- The difficulty of the subject



## Reasons for anxiety during the exams

- Student is in the category of poor academic grades
- Difficulty of the subject
- Staying-up late at night
- Poor nutrition
- Student arriving late
- Pessimism
- Exam location



## **The fear**

- ❖ The normal and known fear among people is a natural response to a known source of danger facing a person, which results in a natural reaction that a person takes to protect himself from that danger.

## **Anxiety disorder**

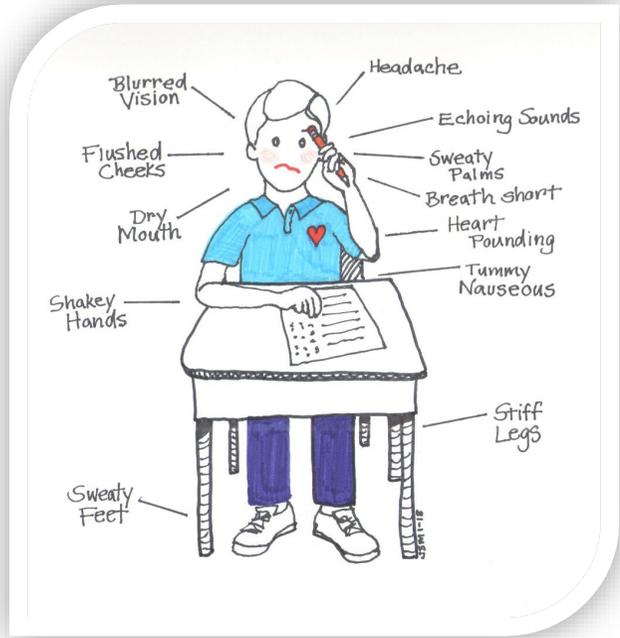
- ❖ Anxiety disorder, where there is a excessive feeling of fear from an unknown and unnoticed source of danger that is not sufficient to cause symptoms of fear in a person and negatively affects his life and performance of his daily work.



## Anxiety symptoms

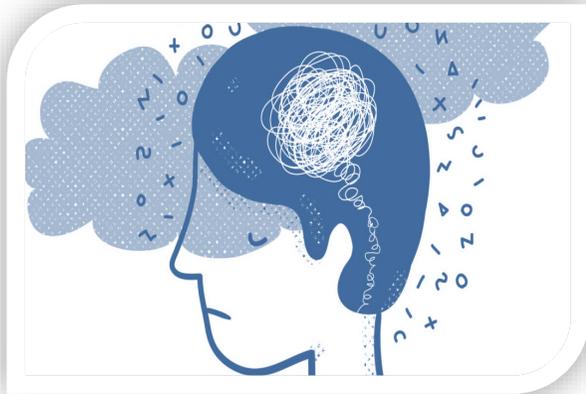


## 1- Physical Symptoms



- ❖ Rapid heartbeat, shivering and sweating, feeling cold in the extremities, numbness around the mouth, nausea and dizziness, shortness of breath, muscle aches and tiredness, sleep disturbance, frequent urination.

## 2- Cognitive Symptoms



Lack of focus, poor memory, difficulty in making decisions



### 3- Behavioral Symptoms



Tension and anger, change in eating behavior, deficiency of spatial and physical hygiene behavior, avoiding challenges and escaping.



#### 4- Emotional symptoms



Anger, sadness, frustration and a feeling of giving up



## Pre-exam guidelines

Accept the feeling of moderate fear of exams as normal and natural for every human being

Avoid pessimism and listen to the negative people. The importance of maintaining a high spirits.

Confidence in oneself and in the ability to succeed and Excellency as long as a good effort is made.

Avoid staying up late and getting enough sleep

Keep in mind that the exam is a normal thing and is an integral part of the process of studying, evaluating and crowning it.



## Pre-exam guidelines

- Develop a detailed daily study timetable.
- Setting a daily motivational time at the end of studying.
- Relax and have a good calm time in the stimulating time period.
- Good focus while studying.
- Importance of solving practical questions and having a discussion to review information in a daily and weekly basis.



## Advice during the exam

- Arriving early to the exam hall.
- Breathing well and not focusing on the discussions around you.
- If you feel very nervous and have some of the previous symptoms, try to remember that this is temporary situation and it will pass and there is no real justification for it.
- Close your eyes for a few minutes and practice some relaxation techniques.



## Post-exam guidelines

- Don't forget to take a break after each exam.
- Don't think too much about the results.
- Try to avoid the same mistakes.
- Don't get caught up in the negative reviews and comparisons from your friends.



# Conclusion

