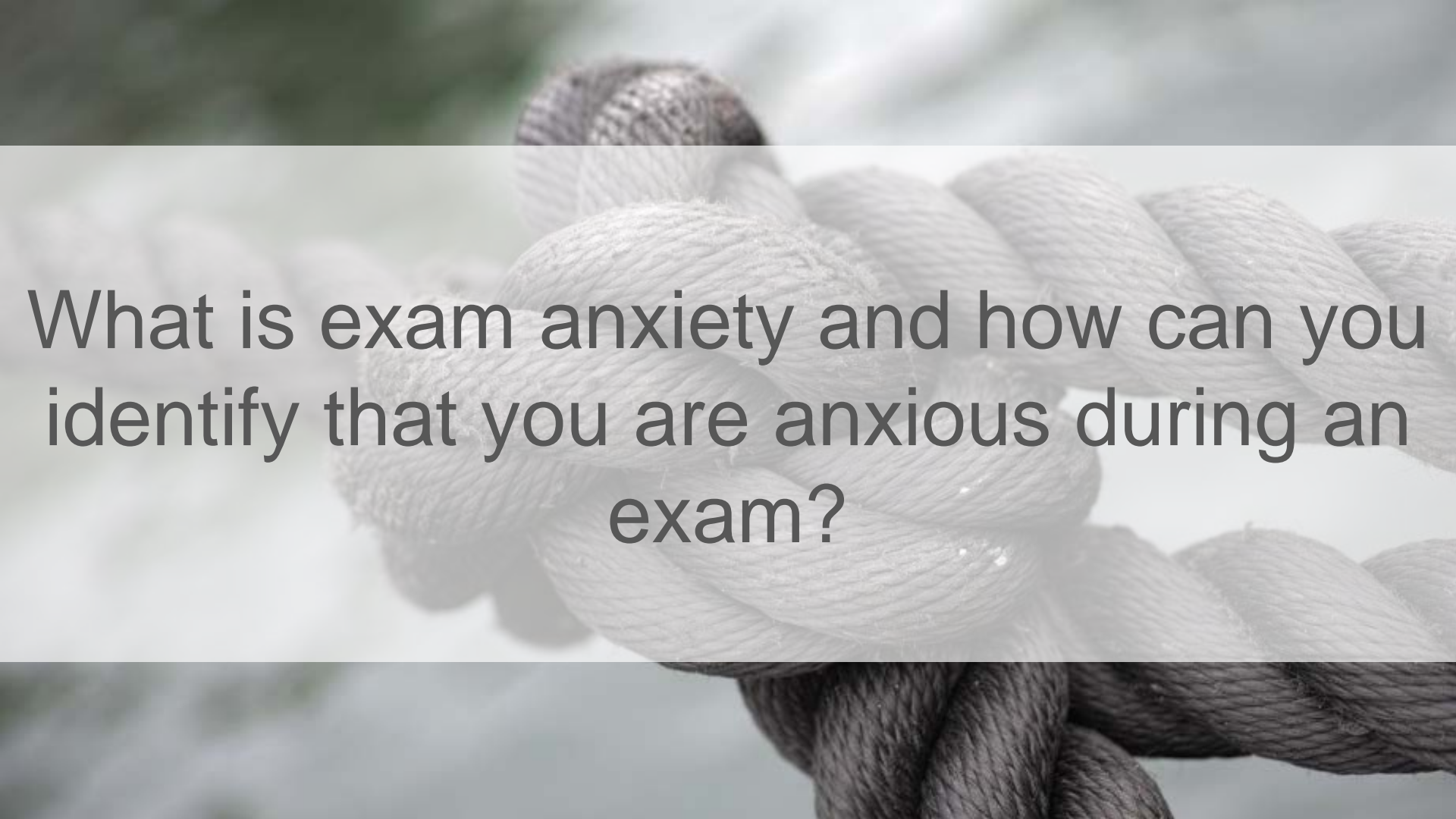




Dealing with Exam Anxiety


Directorate for Counselling
and Career Development



What is exam anxiety and how can you identify that you are anxious during an exam?

Anxiety

- Anxiety is normal until it cannot be controlled.
- Different people can experience anxiety in different ways during an exam and because of different reasons.
- It is normal to feel anxious during an exam, however, you need to identify if the feeling is out of the normal state.



Think of your first exam at Unisa and
how you managed your anxiety
experience?



How do you know if anxiety is not normal?

Symptoms of anxiety

Physical

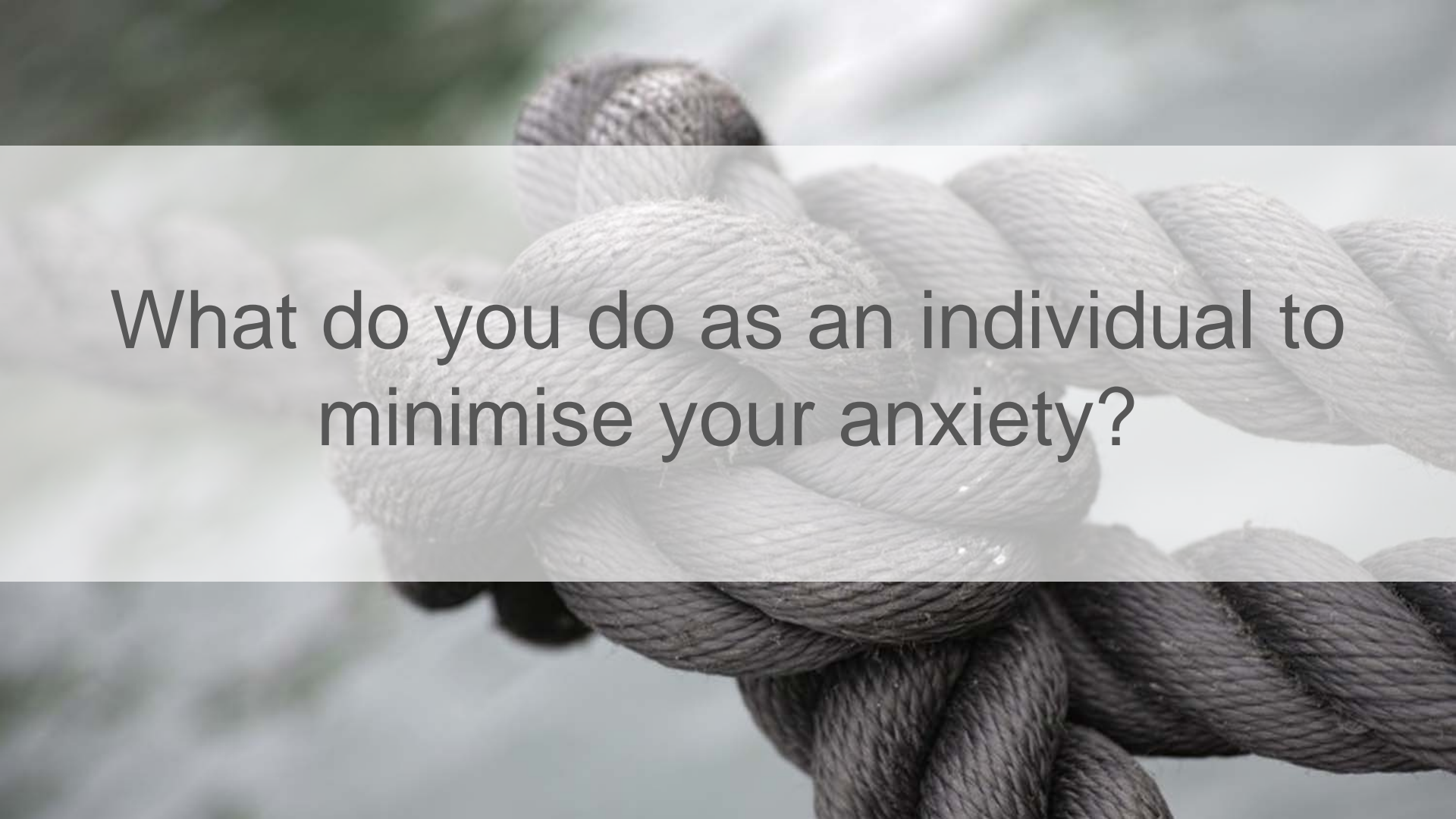
- Sweating
- Shaking
- Headache or muscle pains
- Stomach problems
- Overeating or lack of appetite
- Nervous physical reactions and etc.

Emotional

- Feeling depressed
- Feelings of panic
- Lack of confidence
- Feelings of pessimism and hopelessness
- Feeling inadequate with negative thoughts

As a result of anxiety

- You could have poor performance
- You may not be able to reach your full potential
- You may be forgetful or get confused at some point
- Find it hard to concentrate
- You may get mental block



What do you do as an individual to
minimise your anxiety?

How to deal with anxiety

- Positive thinking
- Eat well, relax (normal sleep, breathing techniques) and exercise
- Identify what it is that makes you most anxious as you have to sit and write your exam
- Think of the last day you were writing an examination and you felt that your anxiety level is not normal, reflect on what happened and how come you were that anxious.

Contact us

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