



Experiment with relaxation techniques, yoga and meditation and see what helps you. Try the Mindfulness Meditation Taster sessions ran by the Student Counselling Service (see our website for details). Free downloadable podcasts are available on our website:

**On the day** you can:

Be calm. Briefly read revision cards if this helps your confidence. Arrive on time and take a watch.

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### **In the exam**

Read through the paper, plan your time, decide priority order of questions, and plan your answers.

Ensure answers are relevant.

Attempt the right number of questions (more marks are gained in the first half of a question than the second)

If you have time check over your work

### **What is Exam Panic?**

Despite good preparations you may, however, experience exam panic. Panic is frightening and unpleasant and interferes with ability to think and perform well. It involves a series of physical, emotional and cognitive responses to excessive anxiety or strain.

These changes may include physical changes;

- Feeling sick and stomach churning
- Hands are sweaty and tremble
- Feeling hot and cold
- Breathing quickly and shallowly
- Feeling dizzy and weak
- Heart thumping

Mental changes:

- Hard to concentrate
- Thoughts are blocked or racing

And emotional changes;

- Feeling anxious, overwhelmed and afraid

**How to deal with exam panic**

