



ARKANSAS STATE UNIVERSITY - NEWPORT

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Managing Stress and Anxiety During Finals

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HOW TO USE THE PRESENTATION

This presentation is your resource to help you manage some of the stress and anxiety that can come with final exams!

ANXIETY

WHAT IS ANXIETY?

It is completely normal to feel a bit nervous before a test, some students find test anxiety debilitating. Racing thoughts, inability to concentrate, or feelings of dread can combine with physical symptoms like a fast heartbeat, headache, or nausea. Test anxiety has the power to derail weeks and months of hard work.

WHAT IS ANXIETY?

However, sometimes, dealing with stress (especially during exam season) can be a difficult thing to do and with the increase of fear and uncertainty it's clear that we're under more pressure than ever before!

FOUR TIPS TO REDUCE TEST ANXIETY



Things That Can Increase Test Anxiety



Things That Can Reduce Test Anxiety



On The Day Of The Exam



During The Exam

THINGS THAT CAN INCREASE EXAM ANXIETY

- Insufficient Exam Preparation
 - Worrying About
 - Stimulant Use

INSUFFICIENT EXAM PREPARATION



- Cramming the night before the exam



- Inadequate time management



- Inadequate study skills or study habits

WORRYING ABOUT...



Past exam performance



- Poor present performance



- Negative consequences of poor performance



- How others are doing on the exam compared to you



- Exam anxiety indicators themselves

STIMULANT USE



-Caffeine



- Nicotine



- Amphetamines



Using them to cram for exams ruins sleep and doesn't help with test scores



THINGS THAT CAN REDUCE EXAM ANXIETY

- Study Habits
- Stress Reduction
- Healthy Living

STUDY HABITS



Take notes and participate in class



Create A study plan



Analyze your current study habits and learning style



Prioritize Your Time

TAKE NOTES AND PARTICIPATE IN CLASS



Ask open ended questions



Join the discussion



The point here is that if you are involved in the class discussions you will be paying attention to what the instructor and others are talking about

CREATE A STUDY PLAN

A study plan is an effective way to help you navigate through your college education and hold you accountable for your own learning outcomes

ANALYZE YOUR CURRENT STUDY HABITS AND LEARNING STYLE



Think about what works and what doesn't work for you



Are you able to study for long blocks of time once or twice a week, or is it more effective if you study nightly for thirty minutes



Are you more productive at a certain time of day



Do you retain material better if you study a subject immediately after class, or do you need a break first

PRIORITIZE YOUR TIME



It's important that you prioritize your time before you start studying each study session.



Start with the more difficult tasks and material you have in front of you for the study session

STRESS REDUCTION

Practice methods of relaxation and stress reduction -

REMEMBER TO BREATHE



Setting aside a couple of minutes every day to practice mindfulness techniques, such as breathing exercises before the test



This helps you to calm down your body's stress response and shift your attention back to the present moment.



In turn, this gives you time to rationally think through the anxieties you have, rid yourself of unhelpful thought patterns.



And enables you to deal with anxiety during the exam

HEALTHY LIVING

- Have A Positive Mental Health
 - Eat, Sleep, And Exercise
 - Believe In Yourself

PACE YOURSELF THROUGH PANIC



Panicking before, an exam is common among university students.



If you experience it at any point,



take six deep breaths, hydrate yourself and then go back the problem at hand.



Break it down into several manageable chunks



Remember that there is usually a rational solution to every problem, even if you can't see it at first glance.

EAT, SLEEP, AND EXERCISE



Pulling all-nighters, surviving on a poor diet, and getting minimal amounts of movement into your day can increase symptoms of anxiety.



For your body's best performance, make sure you're getting 8/9 hours of sleep, enough slow-release carbs, less caffeine and more water.



At least half an hour of exercise per day.

BELIEVE IN YOURSELF



We are often faced with new challenges and we forget to look back at how far we have come and how much we have already achieved.



Given that you have prepared well, there should be no reason for you to worry!



Therefore, when experiencing a negative thought, try to replace it with a positive one!



You Can Do This!

ON THE DAY OF THE EXAM

- Prepare
- Relax
- Reflect

PREPARE



Eat a moderate and healthy breakfast (and lunch).



Arrive at the exam location early.



Choose a seat that is comfortable and away from distractions.

RELAX



Do something relaxing the hour before the exam.



Avoid classmates that could upset your composure by wanting to chat or go over last-minute information.



If anxiety increases while you wait for the exam to begin, use relaxation and visualization methods or distract yourself by thinking of your after-exam plans.

REFLECT



Reflect on whether what you're experiencing could partly be excitement rather than anxiety.



The physical indicators of excitement are almost identical to those of anxiety).

DURING THE EXAM

- First Impression
- Organize yourself
- Possible Fears

FIRST IMPRESSION



Read

Read the directions first!



Review

Review the entire exam!



Read

Read the directions again!

ORGANIZE YOURSELF



Organize your time efficiently.



Work on the easier portions of the exam first.



This can increase confidence and reduce anxiety.



Pace yourself throughout the exam.

POSSIBLE FEARS



Difficulty with a question:



show the material that you do know



Think you're unable to finish the exam:



concentrate on those portions that you can answer well



No time to review exam: review your answers as you go and recheck answers only if you have time

GOOD LUCK EVERYONE!



CONTACT US

- Call us at 870-520-8241
- Email us at counselingservices@asun.edu
- Schedule a virtual counseling appointment at <https://www.asun.edu/counseling-services>

RESOURCES

<https://www.fastweb.com/student-life/articles/the-20-study-tips-for-finals>

<https://www.fnu.edu/10-ways-prepare-final-exam/>

<https://www.princetonreview.com/college-advice/how-to-study-for-finals>