

Examination fear is common, but you can overcome it with the right strategies. Here are some effective ways to manage and reduce exam anxiety🙏🙏🙏

1. Proper Preparation

Start early: Avoid last-minute cramming by preparing well in advance.

Make a study plan: Break the syllabus into manageable sections and set realistic goals.

Use active learning: Summarize notes, create flashcards, or teach someone else.

2. Effective Study Techniques

Practice past papers: This helps familiarize yourself with the exam format and time management.

Use mnemonic devices: Memory aids help in retaining difficult concepts.

Follow the Pomodoro technique: Study for 25–50 minutes, then take a short break.

3. Maintain a Positive Mindset

Avoid negative thoughts: Replace "I can't do this" with "I am prepared and will do my best."

Visualize success: Imagine yourself writing the exam calmly and confidently.

Affirmations: Repeat positive statements like "I am well-prepared."

4. Take Care of Your Health

Get enough sleep: Sleep boosts memory and concentration.

Eat brain-boosting foods: Include nuts, fruits, and proteins in your diet.

Stay hydrated: Drink plenty of water to maintain focus.

Exercise regularly: Physical activity reduces stress and improves concentration.

5. Manage Exam-Day Anxiety

Arrive early: Being on time prevents panic.

Take deep breaths: Breathing exercises calm nerves before and during the exam.

Read questions carefully: Understand what is being asked before answering.

Start with easy questions: This builds confidence and momentum.

6. Seek Support

Talk to someone: Sharing concerns with friends, teachers, or family can reduce stress.

Join a study group: Learning with peers can make studying more effective and enjoyable.

" Praise your knowledge to raise to your success"

-- B.R.Rakesh Varma. MSc, B.Ed., PGDAE