



Addressing Exam Anxieties

News & Announcements

Summer Learning

Summer is a great time to catch up or get ahead with your studies.

Many students opt to use their summer hours for **enrichment tutoring**. Without classroom assignments to complete, tutorials follow students' interests and can help students to discover the fun behind learning without pressure to perform.

Summer tutoring is easy to fit into a schedule and can prepare you well for the upcoming school year. How would it feel to walk into your new classes already comfortable and confident with the topics?

Smart Tutor Referrals is offering **summer workshops** in study skills for students and parents. Are you interested in learning how to study well - without the arguments at home?

These workshops will show students and parents how to:

- ~ set up a study space
- ~ develop a study schedule
- ~ keep track of assignments
- ~ ask for help
- ~ offer help
- ~ avoid the study battleground

Please contact us for more information.

Make the Most of Your Schooling

Working one-on-one with an inspiring private tutor you can:

- ▶ feel more relaxed in your studies;
- ▶ enjoy learning;
- ▶ build your skills;
- ▶ raise your grade point average;
- ▶ be supported in your individual learning needs;
- ▶ meet your academic goals;
- ▶ explore new ideas.

by *Dahlia Miller*

"Most people are about as happy as they make up their mind to be."

Abraham Lincoln (1809-1865)

Exam anxiety is a very real phenomenon for many, many students. And it's no wonder - a great deal of emphasis is placed on exams, these days. At the same time our society seems to feel uncomfortable with expressing anxiety, so little is done in schools to address students' anxious feelings.

Below are some typical exam-anxiety behaviours. If you notice yourself, your child, your student, or your friend displaying any of these behaviours, you can help them by taking the time to listen to their fears. Just knowing that someone cares, or that there are other students out there who share the same anxiety about exams, can bring some relief. The second half of this article lists tips for moving beyond exam anxiety. Please pass them on.

Signs of Exam Anxiety

- Feeling fearful
- Concern about the outcome of exams
- Shallow breathing
- Tension in the shoulders
- Tension in the stomach
- Inability to focus
- Lack of interest in studying
- Overzealous, compulsive studying
- Distracted – under-productive studying
- Avoiding studying
- Cramming
- General uneasiness
- Certainty that won't achieve desired grade on test
- Fear about "freezing" at exam
- No emotions about exam at all
- Shaking hands
- Perpetual negative outlook
- Focus on history of "bad test" experiences
- Thinking everyone else is more prepared
- Worrying about not living up to expectations
- Worrying about not completing the exam
- Worrying about being confused by exam questions
- Worrying about studying the wrong material
- Forgetting to study
- Forgetting time, date of test
- Not sleeping well
- Not eating well – healthy amounts of healthy foods
- Not exercising or playing
- Lethargic- lack of interest even in hanging out with friends
- Not laughing
- Restless mind – can't settle down to study or relax
- Over-reacting emotionally - quick to anger or tears
- General negative attitude
- Unwillingness to sit down and study
- Biting nails – or other nervous habits
- Not asking for help or expressing anxious feelings – pretending nothing is wrong

About Us

Our Mission Is:

- ▶ To provide top quality, flexible learning support and service to students and parents of students through:

Superior private tutoring matched specifically to each student's needs.

Stimulating workshops building skills in a practical and creative way.

- ▶ To enhance students' skills and increase learning confidence through individualized support, recognizing each student's unique abilities.

- ▶ To improve the quality of life, in individuals and communities through education.

Our tutors are certified teachers and professionals. Each is carefully screened and selected to match individual students' needs.

We help students to achieve.

For more information, and free study tips, visit us on-line at:

www.SmartTutorReferrals.com

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- Over-attention to unnecessary details – re-organizing books, polishing shoes
- Depression
- Feelings of overwhelm
- Feelings of anger or powerlessness
- Reward yourself when you follow through.
- Have faith in your future – what are the opportunities in this experience?
- Set time to study.
- When you study, do something quick and easy first, then do the hardest thing second.

What Can We Do To Alleviate Exam Anxiety?

- Recognize anxious thoughts and behaviours as they arise.
 - Talk with someone about your feelings.
 - Gain some perspective – how important is this grade in the scope of your life?
 - Consider this an opportunity to grow – you won't feel as anxious next time if you transform some of your worry now.
 - Practise relaxation techniques – deep breathing – try just watching your belly as you take ten breaths.
 - Meditate - listen to meditation tapes.
 - Relax your muscles; your shoulders; especially your facial muscles.
 - Eat at least four or five fruits and vegetables per day.
 - Avoid caffeine and sugar.
 - Listen to your words – don't criticize your study/exam-writing abilities.
 - Acknowledge all that you are doing to prepare – give yourself credit.
 - Read some of our articles on exam prep and study skills for tips on how to prepare.
 - Go for a walk in nature – by the water or in the trees.
 - Exercise – release some of that physical tension.
 - Take some time to play.
 - Exercise your courage.
 - Set some reasonable, achievable goals for yourself – including study goals.
 - Define /identify the rewards you will gain by mastering the challenge of the exam.
 - Hug someone.
 - View the exam as a challenge to be mastered.
 - Encourage an optimistic attitude in yourself – program positive messages.
 - Believe in your ability.
 - Recognize your power – exams are a reality but you are not helpless.
 - Get to work – doing the work will alleviate some of your stress.
 - Partner with someone – share your goals (for studying and exams) and your feelings.
- Anxious feelings don't go away if they are ignored. They need to be brought out in the light of day and recognized. Accepting nervousness and acknowledging it helps to calm the feelings. We can soothe anxieties with positive action. Speaking and acting with confidence and calm will remind us that we are capable of doing what needs to be done.
- Now give yourself a pat on the back and go study!
- “If you are afraid because you have no self-confidence and feel that nothing you do will ever succeed, stop a while to think it over. Try to see why you imagine you are a loser before you have even started. You won't find any really valid reason. The problem stems from your way of thinking, not from a real ineptitude.”*

H.H. The Dalai Lama (1935 -)