

Grodno State Medical University

"Exam stress. How to overcome it"

Psychologist

Suvorova Varvara Vladimirovna

Exam stress

- intensive mental activity,
- the load on the same muscles and organs due to prolonged sitting at books,
- as well as a violation of sleep and rest.
- But the main factor provoking the development of stress is negative emotions.

Stress has its positive sides. In small doses, it is simply necessary, because it signals the occurrence of problems and is responsible for our "tuning" to adequate behavior in danger.

In the case of exams, stress provides the body with additional adrenaline, keeping us in the right shape.

Before the exam

- Leave one day before the exam to repeat all the answer plans again. Do not repeat the tickets in order, it is better to write the numbers on the pieces of paper and pull, as in exams.
- It is known that voice, posture, gestures not only “give out” a person's condition, but are able to influence him according to the principle of feedback. Taking a confident pose, starting to speak in a calm and confident voice, you become calmer and more confident in yourself.
- It is recommended to finish preparing for the exam at 5-6 pm and sleep the night before the exam.
- In the evening before the exam, it is more expedient to do any distracting and soothing thing: go out for a short walk, take a shower.

The psychological technique of "Creative visualization"

- Before going to bed, lying in bed in a relaxed state, try to imagine (visualize) the process of passing the upcoming exam.
 - Draw a mental picture of how you enter the auditorium where the exam is taking place, how you sit down in your seat, how you take sheets of paper and calmly start working, easily coping with all the tasks.
 - Imagine that you pull out the most suitable one from the pile of exam tickets and confidently and correctly answer all the main and additional questions of the examiners.
 - It's as if on the screen you see and hear not only yourself, but also the teachers, they are pleased with your answer. Imagine that at the end of your answer, the examiners express their approval and give you the desired grade. "Rehearse" your upcoming actions and set yourself up only for success.
 - Reproduce this imaginary picture as often as possible, and then you will not experience strong fear.

During the exam

Start preparing with question, which, even if only a little, is easier for you.

Try to write clearly.

Make sure that the finished answer has an introduction, the main part and the conclusion.

If there is extra time, do not rush to get up. On the written exam, take the time to check, on the oral exam – listen to what the teacher asks – sometimes the questions are repeated.

Exercises to stabilize the
emotional state (exercises help
to calm down quickly)


$$1 + 3 + 10$$

Having felt the tension, it is necessary to say: "Stop and calm down" — this is 1. Then three deep breaths with the diaphragm — this is 3. Then a slow count to ten, exhaling with each new number. That's 10.

Together = $1 + 3 + 10$.

Concentration

- The exercise of concentration on the things that surround you at the moment is well suited. Take a look around and carefully inspect the room in which you are. Concentrate on the same color, for example, remember all the white colors. Fix the white color with the association of white milk, white clouds, etc. After that, collect all the items one by one, stopping separately on each item. The exercise will help you to distract yourself from emotional stress. Attention will be diverted to the rational perception of the environment.

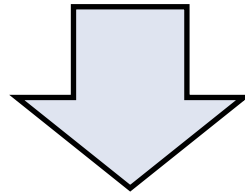
5 things

Look around. You can say it to yourself or out loud:

5. Name five things that you can see.
4. Name four things that you can feel.
3. Name three sounds that you can hear.
2. Name two things that you can taste.
1. Name one good quality that you like about yourself.

- Remember! It is impossible to completely eliminate stressful situations from life, but you can live and study in such a way as to minimize their number, minimize their consequences and thereby preserve your health for many years!

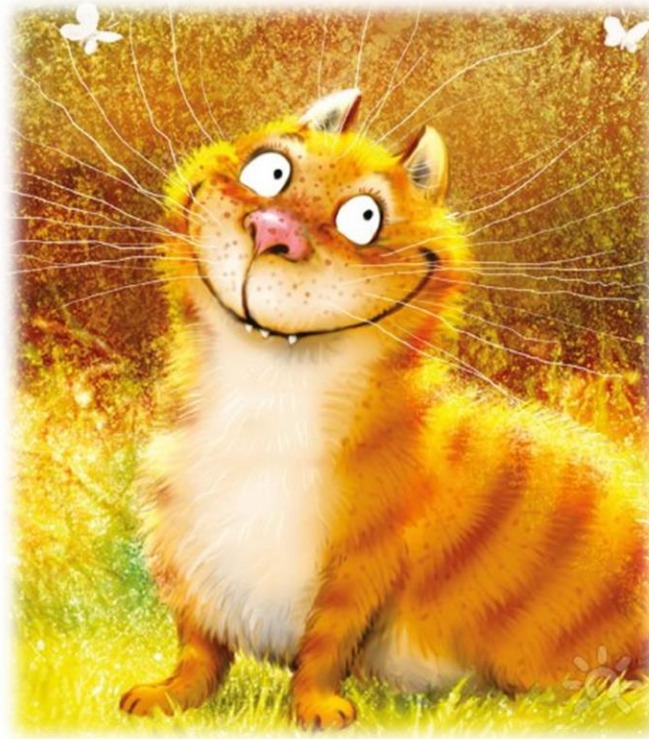
If you need emotional support, you can contact a psychologist.



Suvorova Varvara Vladimirovna (psychologist)

Tel.: 44-36-79, e-mail: psyconsult@grsmu.by

The consulting room of the psychologist is located in the hostel No. 4 at Kurchatov str., 10, 1st floor, office No. 2.



Good luck!
You will succeed!