1. What is your personal experience of anxiety during an exam? Which examples did you relate to?

2. What are some good ways that you might deal with memory blocks or going blank in an exam?

3. What are some good strategies to try if you find yourself worrying about questions you don't know the answers to?

4. Describe how you might use a relaxation strategy to help reduce your anxiety during an exam? Why are relaxation strategies so useful?
5. Note down which strategies appealed to you to help you manage anxiety when it occurs in an exam. Alongside those that appealed to you, note down any ideas you have for your own personal version of these strategies:
   Mantra:
   Visualisation:
   Focussing:
   Thought stopping:
   Using physical distraction:
   Bridging objects:
   Positive self statements:

6. Take the time now to write a short list of your own personal positive self statements that will encourage you to cope with your anxiety successfully in the exam room:

7. Which is the better goal for you to focus on –
   a. trying to get rid of your anxiety all together and learn to love exams or
   b. to try to learn to function and be able to work effectively in exams in spite of your anxiety?

Good luck with your exams and in all that you do!