

Sunday, June 9th, 2024

Exam Stress Anxiety,

A Growing & Deeply Worrying Concern...



دروسكم
منصة التعليم الإلكتروني

ملف الحصة المباشرة و المسجلة

1 حصص مباشرة

2 حصص مسجلة

3 دورات مكثفة

أحصل على بطاقة الإشتراك



The Causes of stress on students' examination.

- A- The lack of the well preparation, that is to say when students know that they have not studied the course material adequately, feelings of nervousness and anxiety may sweep over them as they walk into the exam room.
- B- Students feel pressure from their family to succeed because of the High expectations from their near and dear ones.
- C- Sleeping improperly before the exam may also cause higher stress levels as a result it makes the students confused or having tense muscles or headaches

- **The consequences of stress on students' examinations:**

- a- It makes students feel confused, or having their mind going blank during the tests.
- b- It causes many health problems such as stomach aches, headaches and a rapid heartbeat
- c- It makes students feel confused and unable to concentrate.

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- **Solution to control stress and anxiety:**

- a- Preparing well for the exam and practicing on the previous ones in order to Find out exactly what the exam involves
- b- Make a mind map that can help you visually organize information by using colors or key words as important links to remember.
- c- Take regular short breaks of about 5 minutes to have a drink during the exam.

