



Self-teach Workbook Unit 12: Exam worries

Activity 1

After carefully reading the article "Exam anxiety may lead to better grades" from the website link <https://www.sciencedaily.com/releases/2012/10/121011195239.htm> on exam anxiety, complete the sentences using the words provided below.

Missing words

Impact	Memory	Low	Succeed.	Higher	Cognitive
Anxiety	Performance.	Poor	Working	Marks.	Increased

Article

The study about the published on 12 th October 2012 in the British Journal of Psychology shows that only has a negative effect on test results if is also poor. Furthermore if memory is good, anxiety is associated with attaining better

In this study 96 students, aged between 12 and 14, from several schools, were tested for ability and maths

It was found that when working memory was, increased anxiety was associated with test scores. When memory was good, anxiety was associated with test results.

Dr Matthew Owens, a researcher at the University of Cambridge (who carried out the study while at the University of Southampton) said: "The research is exciting because it enhances our knowledge of when, specifically, anxiety can have a negativeon taking tests. The findings also suggest that there are times when a little bit of anxiety can actually motivate you to"

Activity 2

Match up the following words with the correct definitions.

Adrenaline	It is a defense tool that feeds on fears or worries that are fed over time. It can affect our life to the extent that it interferes with daily activities such as school, work or relationships.
Yoga	They come on suddenly and involve intense and often overwhelming fear. They're accompanied by frightening physical symptoms, such as a racing heartbeat, shortness of breath, or nausea.
Panic attacks	It is the difficulty falling asleep or staying asleep. In this cases it can experience some symptoms as difficulty concentrating, and decreased performance in work or at school and others.....
Insomnia	Relaxing poses and stretches, as well as the calming breathing exercises that accompany them, can be especially helpful if stress is what keeps you from focusing on your study.
Anxiety	It is a hormone that the body releases in situations of feared danger, also increases. In many cases, it is a good thing, as it ensures you can be alert and ready to face " <i>imminent danger</i> ".

Activity 3

Among the following, indicate with an (X) what attitudes, strategies and behaviors you used to cope with exam anxiety.

Attitudes / Behaviors/ Strategies	Yes	Not
you tried to understand what generate exam anxiety		
you wrote down the questions that are likely or already asked during the exams		
you have planned and organized the study well in advance		
you have reviewed the topics before going to bed, but not immediately before the exam		
you have payed attention to sleep and nutrition.		
you have used your imagination to create the most suitable environment for you during the exam		

Activity 4

Several things can cause exam worry and anxiety.

The following table shows a selection of typical situations. Think about what causes you exam anxiety and rank these situations from 1 to 10, with 1 being the most anxious for you and 10 the least.

Rank	Situation	Rank	Situation
	Be afraid of not remembering anything		Not having studied enough
	Having studied, but living in the perennial doubt of not knowing enough		Exams
	Be afraid of the idea of a bad grade		Be afraid to speak in front of the whole class
	Being afraid of making a bad impression		Meeting a friend more anxious than you before the exam
	The pressing of your parents to get a good grade		Be afraid of facing the teacher

Activity 5

In this exercise:

- think carefully about the reason that causes anxiety and worry about the exam
- briefly describe the reasons you are anxious and worried about the exam in each of the situations listed.

1. Be afraid of not remembering anything

2. Having studied, but living in the perennial doubt of not knowing enough

3. Be afraid of the idea of a bad grade

4. Being afraid of making a bad impression

5. The pressing of your parents to get a good grade

6. Not having studied enough

7. Exams

8. Be afraid to speak in front of the whole class

9. Meeting a friend more anxious than you before the exam

10. Be afraid of facing the teacher

Activity 6

There are several coping mechanisms that can be used to alleviate exam anxiety and worry in given situations.

Write down two different coping mechanisms that you have used or that others use for each of the situations.

1. Be afraid of not remembering anything

- _____
- _____

2. Having studied, but living in the perennial doubt of not knowing enough

- _____
- _____

3. Be afraid of the idea of a bad grade

- _____
- _____

4. Being afraid of making a bad impression

- _____
- _____

5. The pressing of your parents to get a good grade

- _____
- _____

6. Not having studied enough

- _____
- _____

7. Exams

- _____
- _____

8. Be afraid to speak in front of the whole class

- _____
- _____

9. Meeting a friend more anxious than you before the exam

- _____
- _____

10. Be afraid of facing the teacher

- _____
- _____

Activity Answers

Activity 1:

The missing words in the order they appear:

1. *anxiety*
2. *memory*
3. *increased*
4. *marks.*
5. *cognitive*
6. *performance.*
7. *poor*
8. *low*
9. *working*
10. *higher*
11. *impact*
12. *succeed*

Activity 2:

The words matched to their definitions:

Anxiety	It is a defense tool that feeds on fears or worries that are fed over time. It can affect our life to the extent that it interferes with daily activities such as school, work or relationships.
Panic attacks	They come on suddenly and involve intense and often overwhelming fear. They're accompanied by frightening physical symptoms, such as a racing heartbeat, shortness of breath, or nausea.
Insomnia	It is the difficulty falling asleep or staying asleep. In this cases it can experience some symptoms as difficulty concentrating, and decreased performance in work or at school and others.....
Yoga	Relaxing poses and stretches, as well as the calming breathing exercises that accompany them, can be especially helpful if stress is what keeps you from focusing on your study.
Adrenaline	It is a hormone that the body releases in situations of feared danger, also increases. In many cases, it is a good thing, as it ensures you can be alert and ready to face " <i>imminent danger</i> ".