

## Dealing with nerves and fear of exams

Many school pupils feel scared when an exam is coming up. This can be a class test at school or perhaps their driving test when they are older. Children and adolescents can become very nervous, worrying that they have forgotten what they have learned or that they learned the wrong thing. Good preparation can help young people to cope with nerves.

Here are a few tips from other school pupils:

**“Sometimes I feel nervous or even a bit scared right before or during a class test or exam. Then I calm myself down by...”**

- ...putting my hands on my stomach, breathing deeply several times and sensing my breath.
- ...reminding myself that I can do everything.
- ...not trying to swap stories with my friends about what we have revised; otherwise I get nervous and unsure or feel panicky.
- ...drinking some water.
- ...doing stretching exercises, feeling contact with the floor.
- ...pulling a few faces, smiling or yawning.
- ...remembering my abilities and strengths.
- ...remembering a moment or a situation when I felt relaxed.
- ...telling myself: “It’s just nerves and completely normal. My body is telling me that it is ready to perform”.
- ...taking a small mascot for luck (e.g. a small cuddly toy). This gives me a feeling of security.
- ...sucking a dextrose tablet to “feed my brain”.

Speak to your child and give them the assurance that even if they don’t do very well, it isn’t the end of the world and there is always another way to achieve their goals. Give your child strength!