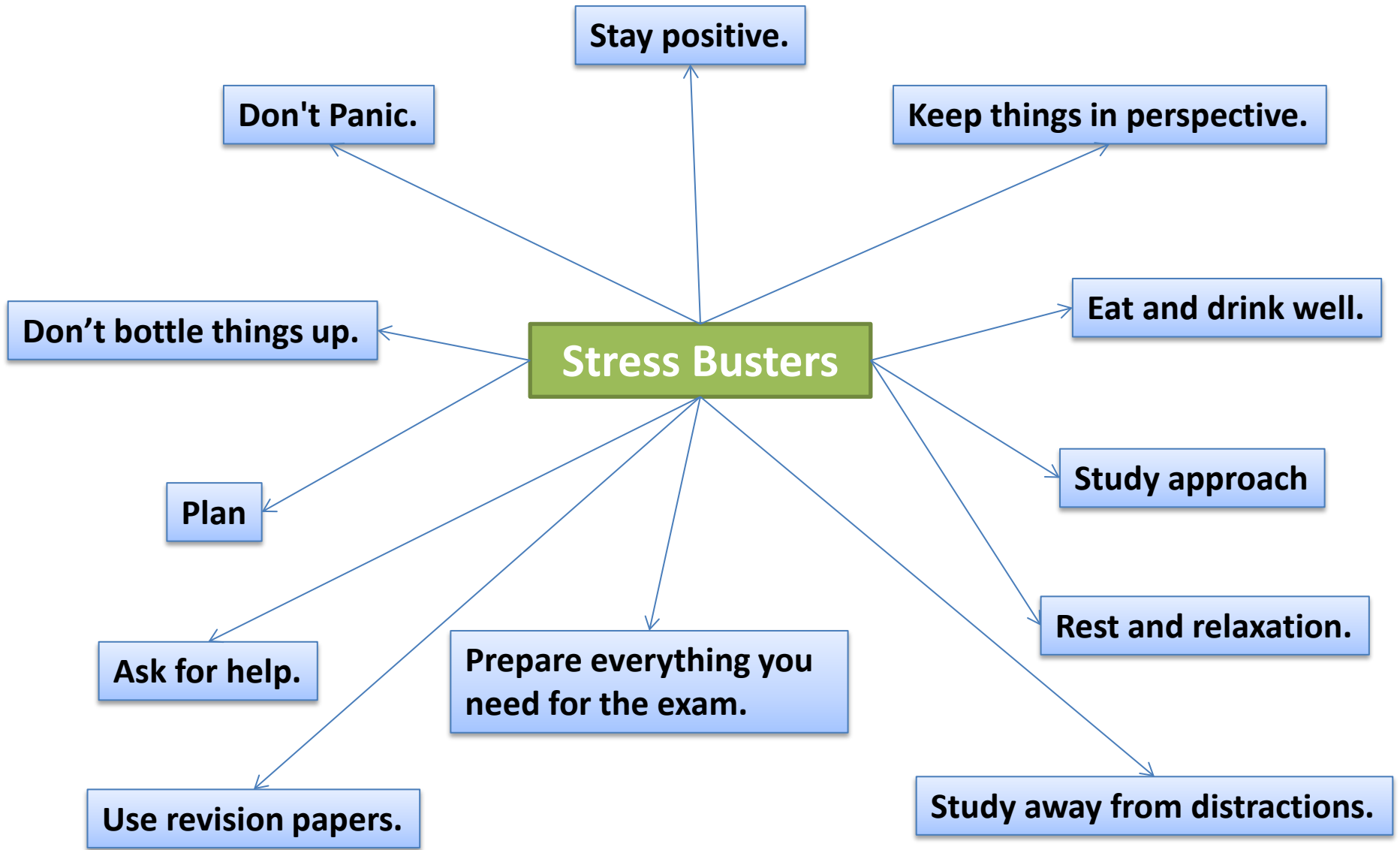


Skill Level – how well prepared are you?

Personality – extrovert / introvert

Trait Anxiety – 'self talk'

Task Complexity – simple task benefit from pressure.



Stay positive.

Keep things in perspective.

Eat and drink well.

Study approach

Rest and relaxation.

Study away from distractions.

Prepare everything you need for the exam.

Ask for help.

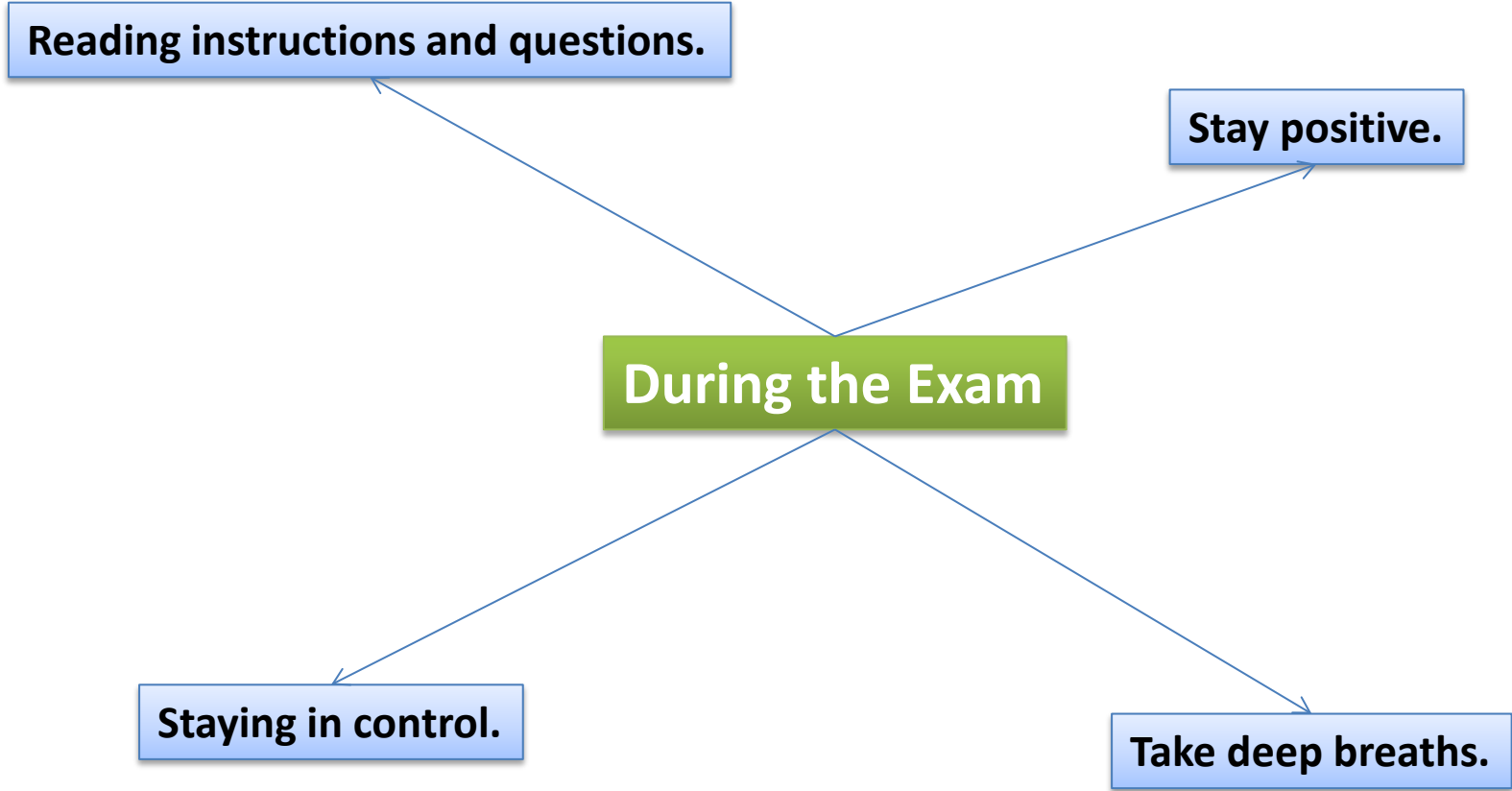
Plan

Don't bottle things up.

Don't Panic.

Stress Busters

Use revision papers.



Further research

Copy and paste the link into your browser

<http://www.bbc.co.uk/news/education-22311466>

<http://www.bbc.co.uk/news/10100363>

http://news.bbc.co.uk/cbbcnews/hi/find_out/guides/uk/ beating_exam_stress/newsid_1987000/1987132.stm