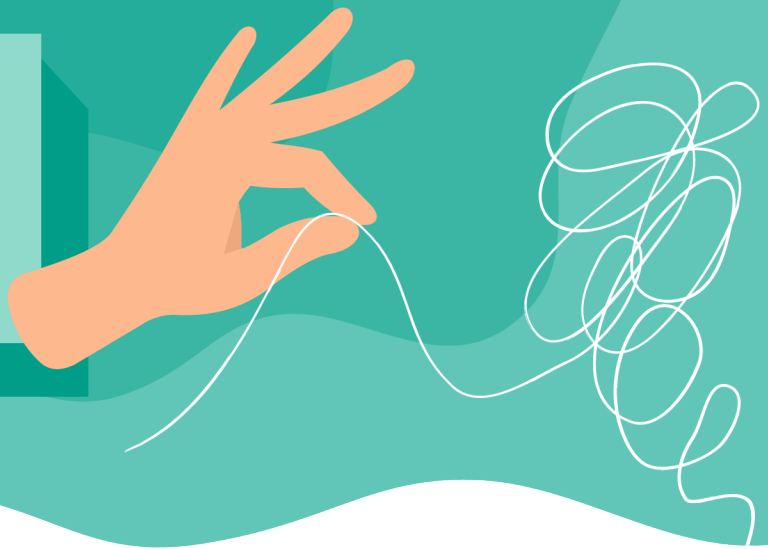


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Manage anxiety before, during and after the exam

Identify what you usually do and what you can continue to include in your anxiety management practices.

BEFORE THE EXAM

I always remind myself that a little anxiety is normal and even useful.

I put things in perspective. I know the exam is important for me and my goals, but my future does not depend exclusively on it.

I pay attention to my internal discourse, and I think of past achievements (moments that were equally difficult and that I managed to overcome).

I remember that there are things that I do not control, but studying is one of those that I control. So I try to study in advance. Preparation is key to managing anxiety.

I make my study plan, defining tasks and priorities and keeping in mind my medium and long term goals.

I create an environment that allows me to study without being interrupted, removing distractions.

I take breaks of 5 to 10 minutes for each hour of study and I reward myself for following the established plan.

I test my knowledge beforehand, at the same time that I test my anxiety management strategies. If I am afraid I will not be able to complete the exam in the allotted time, I practice by timing myself.

During evaluation periods, leisure and rest activities may have to decrease, but I do not make them disappear from my agenda. I know how important they are to my well-being.

I visualize myself completing the exam, "overcoming anxiety", using strategies to reduce it, such as deep breathing.

I take care of my food and my sleep. I know that sleep enhances my ability to think more clearly and manage anxiety.

I reduce the consumption of caffeine, especially at these times.

On the day of the exam, I eat well and dress comfortably. I try to practice some physical exercise (about 15 minutes), preferably outdoors, using my senses to connect to the present moment (I pay attention to the sounds I hear, what I see, what I feel, what I smell...).

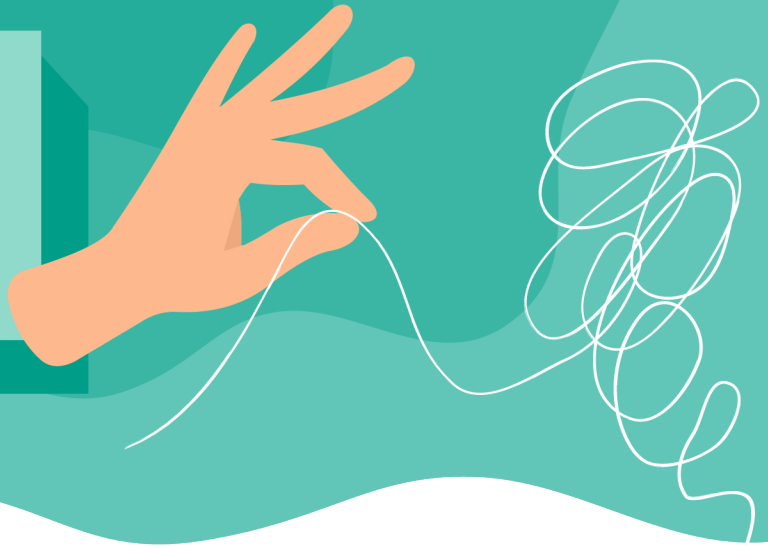


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Manage anxiety before, during and after the exam

DURING THE EXAM

I arrive at the exam site some time in advance.

I avoid discussing the subject before the exam. I remember that emotions are contagious, so the anxiety of colleagues can increase mine. Instead, I try to walk a little, using self-instruction and taking a deep breath.

I accept that I did everything I could to prepare, leaving aside the focus on the things I don't know so well. I remember that the way I see the situation has an impact on the way I feel it and on my behaviour. If I see the exam as a threat, anxiety will grow, if I see it as a challenge and even more like a game, in which the purpose is to collect as many points as possible in the time available, I can more easily manage the anxiety. I remember that I can even make mistakes on several questions and still do well.

If I feel manifestations of anxiety in my body, I use the deep breathing strategy to reduce tension. I close my eyes and inhale for 7 seconds. I breathe out to my limit. I continue to breathe calmly, until I feel my body relax (I do 2 to 4 sequences). I open my eyes and use positive self-instructions ("you will do the best you can"...).

If I feel my body is tense, I do a muscle relaxation exercise. I focus on the most tense muscle groups, contract them for a few seconds and relax... I move my shoulders, I stretch my legs, I move my hands (...).

If I start to have negative thoughts about how well or how badly I will do in the exam, I try to stop them by saying "stop". I try not to focus on the specific result that I want or would like to achieve. This is out of my control. I remember past successes ("I'm anxious, but I've managed to overcome so many other challenges.")

If the exam format allows, I read the exam until the end. I distribute the duration of the test according to the number and type of responses. I answer the questions I know from the start, and then return to others I feel less confident about.

I try not to let myself be influenced by the performance of colleagues.

If I block, I take a deep breath and then write any words that remind me of others.

I reread the answers before I hand in the exam.

Time is something that guides me in solving the exercise, but I don't constantly look at the watch.

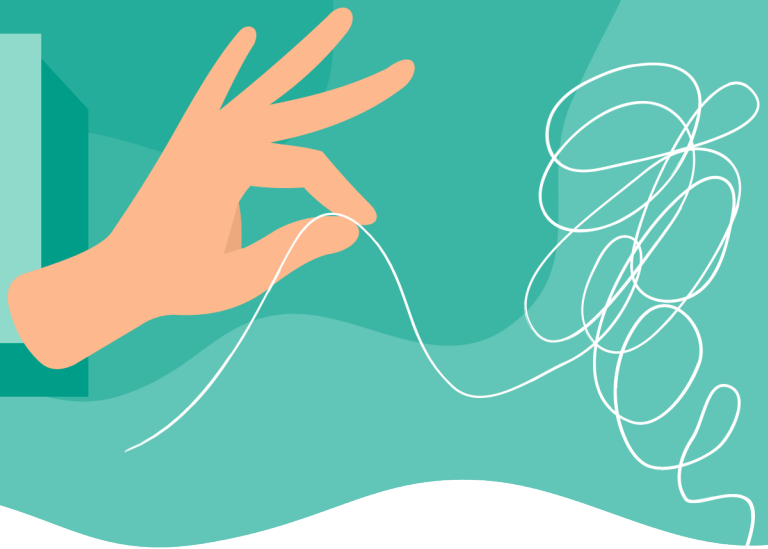


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Manage anxiety before, during and after the exam

AFTER THE EXAM

When I finish the exam, I think about what went well and less well, but soon I stop thinking about it. It's time to focus on the next exam.

I pat myself on the back for my effort and do something I enjoy, remembering that, regardless of the result, I will not be defined by it.

When the results come out I try to know the answers that I got wrong or left incomplete. The analysis of what went well and less well can help guide my study for the next exam.

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