

ASK THE EXPERT QUERIES

Category: Exam Anxiety

Query 1 & 2

Sept 2015	Female	Age 14 to 18	SHE IS REALLY WORRIED ABOUT HER STUDIES..... SHE LEARNS AND AFTER SOME TIME SHE THOUGHT SHE HAS FORGOTTEN.....SHE IS A HARDWORKING STUDENT AND ALWAYS GAIN 1 POSITION...
Sept 2015	Female	Age 14 to 18	She is really worried about her studies.... she is a good student and always stood first in her class but she learn one thing many times. once she learn one thing she do that again what to be done?????

Query by: Parent
Response

It is important to know that it is perfectly normal for most children to feel a bit of nervousness and stress related to their studies. In some ways a bit of stress helps us take our studies seriously and prepare better. However, for some children the anxiety becomes so intense that is no longer helpful and must be dealt with. Help your daughter:

- Rule out if there is any other non-studies related stress that maybe adding to her stress about the studies. Talking and dealing with that stress will make her calmer and thus help her resume her focus on studies.
- Make a study plan in advance of the exams, keeping ample time for preparation of subjects that she finds most difficult. Managing and planning the study time will help her cope with stress and avoid the last minute panic and anxiety experienced by many students.
- Make sure she is getting enough rest and sleep and is eating a balanced diet. A recent study has shown that people who sleep for 8 hours before taking a Math’s test are three times more likely to understand and solve the math’s problems as compared to people who stay awake all night.
- Help her identify and minimize unhelpful thoughts such as ‘*I will be a failure, I need to be the best, My parents will be so disappointed in me, I am so dumb*’ etc. as they just add to the anxiety. Help her replace these with helpful thoughts such as ‘*I am going to try my best, I may not know a few things but will work to improve them, I don’t have to be perfect in everything*’. If it helps ask her to write down the helpful thoughts and say these out loud while standing in front of the mirror and looking at herself.
- Try to identify physical and other activities that help calm her down and make them part of her daily routine. Anxiety often produces bodily symptoms such as sweating, erratic breathing, fast heartbeat etc. and deep breathing and calming activities reduce these bodily symptoms. Other than that pursuing a pleasurable interest, talking to friends etc. can also help deal with the anxiety.
- Encourage her to continue talking to you or a teacher for guidance about how she can cope better with the anxiety.

All the best!

10/15/2015 15:41:41	Female	APS&C (Girls) Azam Gar Lahore	Age 14 to 18	she is really worried about her studies.... she is a good student and always stood first in her class but she learn one thing many times. once she learn one thing she do that again what to be done?????
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Category: Exams and Studies related Anxiety

Query submitted by: Parent

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