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### How to Control Exam Nerves

- Control your fears? • Want to aim higher?
- Need better grades? • How can you focus?
- Increase your confidence? • Develop a positive attitude?

Increasingly, students all over the world are suffering from the stress, pressure and worry of examinations. Are you one of these people? Do you get anxious at the very prospect of preparing, undertaking and waiting for exam results?

Are you faced with trying to find the answers to these questions? **STOP!** Eaglei is here to help by enabling you to adopt the best possible preparation, both mentally and physically, for your examination period.

Here are our top, practical tips for successfully controlling exam nerves:

1. Find a **POSITIVE REASON** every time for doing your exams. What do you really want to achieve? What do you dream about doing in the future?
2. **AIM HIGH** – why would you compromise and settle for a C, when you could get an A grade?
3. **WHAT YOU THINK – YOU FEEL, WHAT YOU FEEL – YOU PROJECT.** If you think negative thoughts or feelings, you will project these emotions and your worries and anxiety levels will increase. Think positively and the reverse will happen.
4. **SHORT-TERM PAIN, LONG-TERM GAIN** – so you have to work hard now, but you will reap the benefits later.
5. **ASK QUESTIONS** – don't feel embarrassed; the more you ask, the more you will know.
6. **BE ORGANISED** – do homework, revise and plan your workload.
7. **LAZY PEOPLE CANNOT BE SUCCESSFUL** – it's not cool to be lazy. Remember, nothing succeeds like hard work (and a smile).
8. **BREATHE** – in deeply through your nose (from your diaphragm) and out through the mouth. Repeat three to five times. This will help to control your nerves. A surge of adrenalin is good, uncontrolled nerves are not.
9. **FOCUS** – away from any nerves onto practical things. There are two separate ways to achieve this. If you have scanned through the exam questions, 'tunnel' your focus on the first question you are going to answer; do not concern yourself with what others around you may or may not be doing. Alternatively, visualise how good the exam is going to be by retaining a positive image in your mind ie picture yourself gaining the highest mark, attending your graduation etc.
10. **POSITIVE THOUGHTS.** The glass is always half-full rather than half-empty. Believe in yourself and your ability. Can you do it? Yes you can!

**For further information or to reserve a motivational talk on How to Control Exam Nerves, please contact Eaglei on 07930 157543 or duncan@eaglei.uk.com**