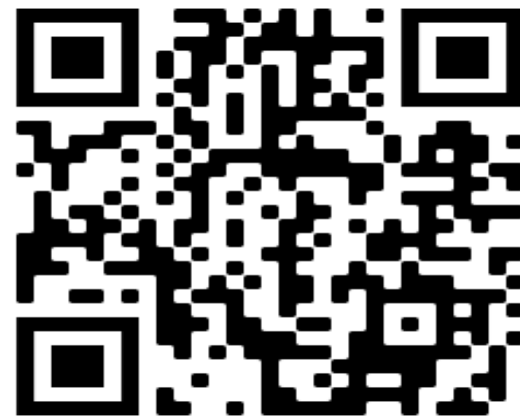


Managing Test Anxiety

I'm anxious about tests and exams. I am worried I will forget all that I have learnt
Will I be able to cope well?
How can I make things better?



Remember, anxiety is part and parcel of life.
What's important is that we acknowledge those feelings and find ways to manage them!

Tip #1: Prepare, prepare, prepare!

A few days before school reopens, **start preparing yourself mentally and physically** to get back into the routine of school

- Wake up at the time you usually would on a school day and get at least 8 hours of sleep daily
- Organise your textbooks and other school materials and assignments according to subject
- Ensure that you have completed all your homework



Tip #2: Think Positive!

Embrace the new normal. Expect and respect the unexpected.

- Keep in mind that change is the only constant. Adapt
- You have the ability to control your mind and be resilient. Think back on the challenges you have overcome, from learning to walk and talk, to getting through the PSLE to where you are today!
- Take practical steps to prepare for the change (refer to tip #1), and expect to see yourself change and grow in unexpected ways!



Tip #3: Ask for help and be supportive !

- Reach out to a classmate to talk
- Call a friend to check on her. If you find that she is overly anxious, CHEER her up
- Share your thoughts and feelings about going back to school with people at home
- Approach your teachers if you need clarification on schoolwork

