

T.R.
MINISTRY OF NATIONAL EDUCATION
PRIVATE SEVGI SCHOOL



EXAM ANXIETY AND OVERCOMING

THIS PROBLEM

“Anxiety is an emotion and existing with the changes of behavioural, neurological states which show effect to timulus.” (Eren YAVUZ, K.2004)

Exam anxiety is a type of anxiety that people feel before, while or after the exam. The reasons of this anxiety are as follows: not being capable of using time efficiently, being perfectionist, having big expectations and physiological problems. Exam anxiety causes a decrease in the level of self-confidence, being in negative feelings and trembling/sweating of the body. It is a well known fact that to overcome this feeling, one shouldn't postpone his/her responsibilities, and be perfectionist. Having a sensible aim and studying in order to reach the aim can be beneficial to let this feeling down. “Breathing Deeply” is also a way to overcome the feeling of “being densely stimulated.” If you manage to get rid of the negative and harmful feelings surrounding your soul, you will realize that the level of the anxiety has lowered.