

Fear before the exam than it is bad and how to get rid of it?

Exam is the terrible beast who the teachers are afraid of their students from the fifth (and sometimes before) class. It is difficult; You will not surrender; they repeat all the time. Through these sentences the students produced fear, which significantly hinders them in exams. Confidence and preparation; that is what is most important in the classroom on the exam.

What is bad fear

The fear in most of its manifestations prevents mental processes. It kills confidence, which makes the examinee nervous and depressed. Fear; this is the worst that can happen in the exam. If a student is afraid of the results and to tune into is poor, his thoughts can materialize. And then all the preparations will come to naught. He will be confused in the questions, or maybe just incorrectly fill in the blank answers. Sometimes; for fear you can forget, even the information that I knew for many years.

How to get rid of fear before the exam

In; first you need to prepare well. Tutors, samples, self-study, lecture; all of this should take place (it is better to start with class 10). The better prepared a student is and the more material he passed, so it is quieter.

In; the second can help a positive attitude. If the student goes to the exam with the idea that it all will pass and all will be able to decide; that's half the battle. A positive attitude helps you to concentrate and not be nervous.

Cribs; another way to get rid of fear. As a rule, if the student has a clue, he was less worried, thinking that it will help. It is also proven that when a person prepares a crib, then remembers at least half of the material. Cribs can be hidden in shoes, inside pockets or attach to the inside of the skirt (or belt). The student will provide a safety and confidence, and tips may not even use.

Good Breakfast

Good hearty Breakfast before an exam may help in overcoming fear. Delicious chocolate – great for the morning. It stimulates the brain, helps to Wake up and positive tune.

Music

Music is a good helper in many situations and the exam is not an exception. It is well known that music makes the person relax and calm down. Listening to your favorite songs before the exam, the student can gain confidence and peace of mind.

Ordinary water

Monotonous and habitual actions can sometimes help to replace the nervousness calm. If the exam after a certain amount of time (15 – 20 minutes) the examinee will drink water, maybe it will help.

A conversation with a friend

In many cases, it is important to support relatives and friends. If there is someone who believes in you, you already feel more confident and stronger. A conversation with a friend before the exam and mutual support can greatly help in overcoming insecurity and gaining a positive attitude.

Humor and jokes

They say that humor is a great tool against fear. And it's really true. A good laugh and razveselili before the exam [visit](#), you can get a charge of vivacity and excitement will recede into the background.

The exam is only the first step of overcoming difficulties and fear it not. Indeed, in the case of failure, you can always retake.