

## STRESS MANAGEMENT AT THE EXAMS SITUATION

### Brainstorming phase

#### Group Purple

#### 1 PREPARATION\_training

- Examiners should let students know well in advance what to expect: describe the exam, the timing, the waiting time...
- Students should have the chance to practice in an environment as close as possible to that of the exam by, e.g., using texts/recordings of previous exams, training in a mock-exam situation,...
- Students should dedicate as much time as needed to practice, combining it with breaks and free time to do what they like (*don't overdo it*)

#### 2 PREPARATION\_personal life

- Try and be realistic, put things into perspective: what is the worst that can happen if you fail? You simply fail (nobody dies)
- Practice sport, yoga, sleep well, eat well (use sports psychology to get you through)
- Try to put yourself into stressful situations to learn what your reactions to stress are and elaborate strategies to counter such reactions – if necessary

#### 3 RIGHT BEFORE THE EXAM\_student

- Breath
- Drink some coffee
- Positive (realistic) thinking: “My trainers DO NOT want me to fail”; “I have come this far, so I must be good”
- Bring your MP3/pocket radio and earplugs and listen to a radio podcast or a spoken text in the foreign language you are going to start your exam with
- Wait for your turn in a quiet, isolated environment and try to focus on the task ahead
- Be aware that stress is something you will have to live with your entire professional life: there is no point in fighting it; in fact it can also be beneficial, so LEARN TO USE IT
- Remember that the mistakes you made during your very last practice session, however numerous they may be, are the ones you are not going to make during your exam

#### 4 EXAM\_student

- Once you start, forget about the examiners and simply focus on doing your best
- Interpret as if those listening to you really depended on you in order to understand what is being said
- Don't let your mistakes take away your confidence: you do not have to be perfect and the exam is not over until it is over

#### 5 EXAM\_trainer

- Choose a familiar environment for the exam (or show the students' the exam classroom beforehand)
- Allow a couple of minutes of brainstorming before starting
- Introduce the commission to the candidate and the candidate to the commission
- Avoid “extreme” facial expressions during the exam