

# 4 Ways Your Students Can Manage Exam Nerves

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## Slowdown

Under pressure, people tend to rush, as they underestimate how much time they have available. This leads to sloppy mistakes. Advise your students to slow down and focus on one thing at a time.



## Drink Some Water

One of the side effects of being nervous is that your mouth feels dry. This draws attention to how nervous you are and creates a vicious cycle. The solution; take regular sips of water in exams.



## Channel your Nerves

Being a bit nervous before and during exams is no bad thing. If channelled correctly nerves can help you prepare more thoroughly and focus better.



## Listen to Music

Have students listen to chilled music for 30 mins before an exam. Their heart-rate will lower and their mood will improve.