



PRESENTS

Special Session on

"HOW TO IDENTIFY & DEAL WITH EXAM STRESS "

FOR STUDENTS OF CLASS 5TH - 12TH

Mar 16, 04:00 pm IST

”

BY: MS. ANKITA JOSHI,
CONSULTANT CLINICAL
PSYCHOLOGIST



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KNOWLEDGE SESSION 2023: EPISODE 22

ORGANISED BY: KNOWLEDGE AND AWARENESS MAPPING PLATFORM

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Date: 16th March 2023
Organized For Students

Topic: How to Identify and Deal with Exam Stress
Category: Academic Development

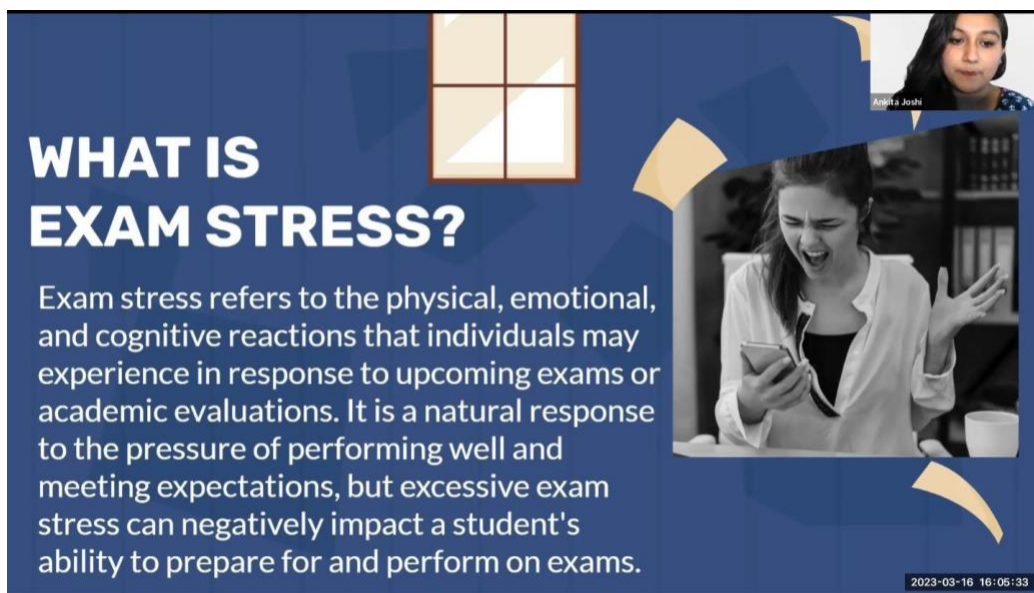
No. of Participants: 250+ students from different schools across India

Speakers/Presenters: Ms Ankita Joshi (Consultant Clinical Psychologist)

Overview:

On 16th March 2023, KAMP conducted an Exclusive Knowledge Sharing Session on "How to Identify and Deal with Exam Stress" with 250+ students from different schools across India. The main aim of this workshop was to help students understand what exam stress is, what are its signs and how to overcome them.

The session was convened by Ms Arika Mathur, a KAMP Planning & Monitoring Committee member and was facilitated by Ms Ankita Joshi (Consultant Clinical Psychologist).



WHAT IS EXAM STRESS?

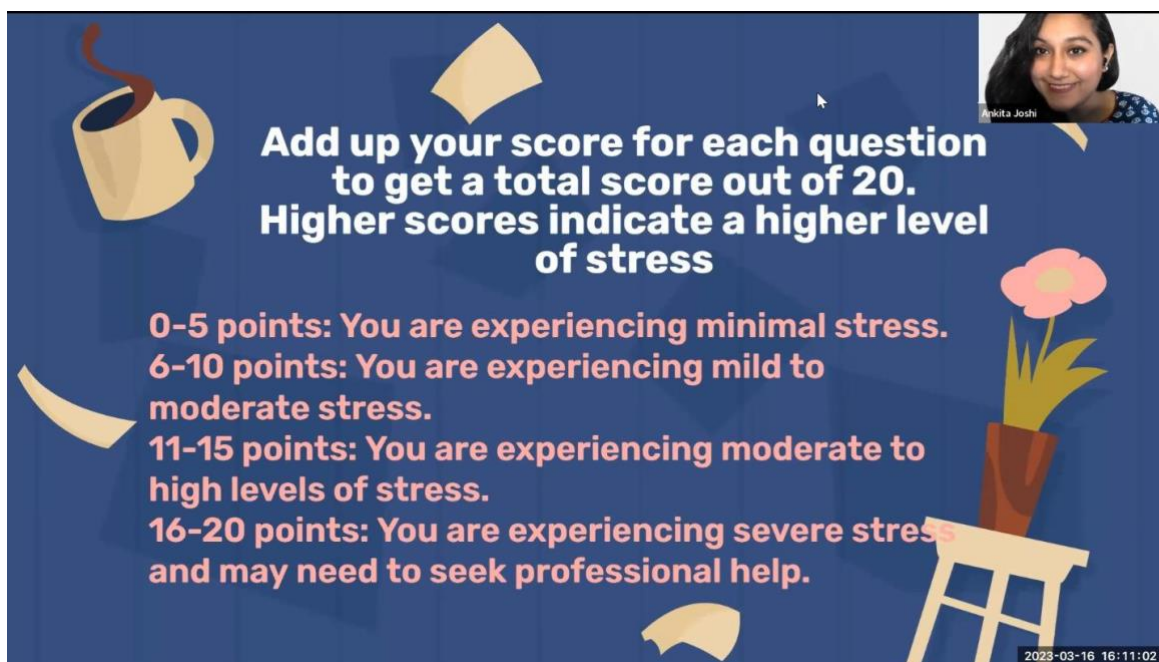
Exam stress refers to the physical, emotional, and cognitive reactions that individuals may experience in response to upcoming exams or academic evaluations. It is a natural response to the pressure of performing well and meeting expectations, but excessive exam stress can negatively impact a student's ability to prepare for and perform on exams.

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In this workshop, Ms Ankita defined Exam stress with respect to the physical, emotional, and cognitive reactions that individuals may experience in response to upcoming exams or academic evaluations. It is a natural response to the pressure of performing well and meeting expectations, but excessive exam stress can negatively impact a student's ability to prepare for and perform on exams.

Exam stress is a very real thing for students of all ages and can have a significantly negative effect on academic performance if not addressed. Identifying and dealing with exam stress is important because it can help reduce anxiety, increase motivation and focus, and even improve

test scores. It can also help to create a healthy balance between school and other areas of life. Taking the time to identify the sources of stress and develop strategies to cope with it can go a long way towards helping students manage their stress levels and perform better on exams.



Add up your score for each question to get a total score out of 20. Higher scores indicate a higher level of stress

0-5 points: You are experiencing minimal stress.
6-10 points: You are experiencing mild to moderate stress.
11-15 points: You are experiencing moderate to high levels of stress.
16-20 points: You are experiencing severe stress and may need to seek professional help.

Ankit Joshi

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In this workshop, Ms Ankit helped students assess the level of their exam stress and gave suggestions on how they can effectively deal with it and be more efficient while giving their exams next time. According to Ms Ankit, exam stress can vary in intensity and duration depending on a student's individual characteristics, exam demands, and coping strategies. It can lead to symptoms such as anxiety, fear, irritability, and sleep disturbances, and may affect a student's overall academic performance.

She talked about various signs of exam stress like procrastination, avoidance, social withdrawal, and changes in diet and sleep. Further on she suggested to students how to study efficiently, plan their schedule, prioritise tasks, practice relaxation techniques, take care of themselves, seek social support, and set realistic achievable goals for themselves.

Overall, the students enjoyed the session and surely learnt a great many things from this session and will be able to achieve their best during their future examinations.

The purpose of KAMP's Fortnightly workshops is to help students develop creativity, meaningful learning, and critical reading and thinking skills that bring out their inherent abilities. The vision of KAMP is to identify and capture Scientific and Technological temperament in students to make India – a Global Leader in the field of Science, Technology and Humanities.

Such workshops, conducted by KAMP deal with various topics that fall under the category of Science, Technology and Innovations, Scientific and Life Skills, Career & Professional Development, Academic Development and training the trainers/trainers.

KAMP believes that with exposure to such topics from experts within such specific fields, students will become aware of real-life situations and challenges, develop a helping, problem-solving nature wherever possible, understand their core values and personal interests, evaluate their skills within the given area and achieve their best in their most desirable way.



Take care of yourself:

Make sure to get enough sleep, eat a healthy diet, and take breaks when needed.

Self-care is an important part of managing stress effectively.

Arika Joshi

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Organised By:
Knowledge and Awareness Mapping Platform
(KAMP Operations and Coordination Office)

Moderated By:
Ms. Arika Mathur
(Convener KAMP and Member KPMC)

Team Credits:
Mr Amit Kumar Shukla
(Head-Capacity Building Group, KAMP)

Ms Vishakha Gola
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