



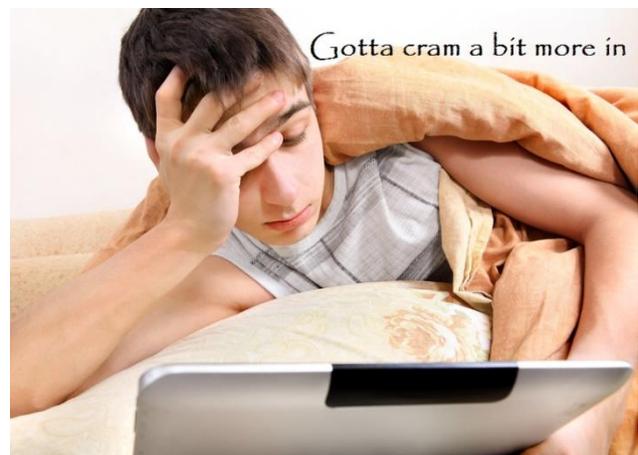
Are you in Group B?

It's so tough when you've put in so much work and then you don't get the results that you know you deserve.

So what can you do to get rid of these exam nerves?

A few things to try:

1. Meditation. This will serve the purpose of relaxing you in general. Your mantra can be 'I know it all. I can easily remember it all'. If nerves are the problem, relaxation has got to help towards the solution.
2. Think about how your mind works. When you hear a song that you haven't heard for ten years, you turn the radio up and say 'I love this one!' and you dance around the room remembering every word to it. How do you remember those words when you may have never made an effort to learn them? The reality is that you remember everything. Everything you've ever seen, heard, thought or imagined. The only difference in an exam is that you are wanting to bring forward specific pieces of information at will. Think of your mind as a filing cabinet. Everything that you study is in your mind and in a filing cabinet. There will be a file with the information that you require written on it and stored for when you need it. When you walk into the exam hall and you open the paper, the question will prompt your mind as to which file you need to bring forward. In your mind's eye you will be able to read the content of that file to enable you to answer the question that you need.
3. Avoid last minute cramming. If you have an exam at 9am, studying material at 11pm the night before that you haven't looked at in nine months is unlikely to do you any favours. You are unlikely to remember much of it as you'll be rushing through it. Plus you will be so tired the next day that you won't be able to focus as well as you otherwise might. Relax the night before the exam and have a good night's sleep. The information is already in the filing cabinet of your mind and you will be able to retrieve it all much more easily if you are fully alert. You



may wish to glance through some key points, figures or formulas before you go into the hall in order to boost your confidence but that's all.

I can relate to exam pressure

When I was taking my accountancy exams, from memory there were 14 and you could take three every six months until completion. They had to be passed in a certain order. I failed one midway and had to wait six months to retake it....twice!

I knew the content but my mind would go blank when I got into the exam hall.

Once I sat back and thought about the reality of the situation, I was able to sail through it with a good mark. I knew that I had the stuff all in my head and I had to realise it was just a case of bringing it forwards. Whatever it was at the time that was preventing me from working effectively was banished by my applying logic to it.

Jessica