**18.3 Exam-Phobia & its Management**

Examinations are often considered as **fear factor** among the children. The extent of exam stress is too much that drives them to take extreme measures. The fear of exams is more before the exams causing their underperformance on the exams day.

* Exam fear is a very common phenomenon among many a students.
* Exam-phobia is an intense fear situation that may or may not possess any actual threat in reality from the examinations.
* This phobia may turn you down and at times may become your greatest enemy or hurdle in your life.
* That may be the disastrous effect, no doubt.
* To counter it make yourself comfortable
* Teachers and the parents are required to think and try to find out the causes that may slightly vary among individual students.
* An act for removing of the fear is needed in order to make the exams an enjoyable task rather than a scaring one.
* Focus upon the students in order to make them capable to overcome their fear especially on weak students to make them stronger.
* Majority of students who fear tests are those who are quite conscientious and care a great deal about their grades or marks.
* They often fear that they have not covered all their bases and one weakness will do them in.
* This fear is groundless, a kind of free floating anxiety.
* Also fearful are students who have had bad experience in the past and relive them, like a flashback, every time a test paper is placed in front of them.

**Management**

* There is no real way to prevent students from having some fear.
* Management of fear factor varies from student to student and varies for different subjects.
* Specific measures are needed to be adopted for special cases in order to get the optimum results..
* Students are encouraged to take notes inside the class and on their own.
* Any notes they have taken in their class note-book can be used while taking a test.
* They are not allowed to use the downloaded material from internet until it is in their own handwriting.
* When these notes are consulted at the time of exam, will easily be comprehensible for the student, thus will act as a fear reducing factor.
* The results may be impressive. Knowing that they can use their own notes reduces test anxiety instantly. Their note-books become their safety net.
* When students focus and listen, the class-room lecture, learning goes up and the problem decreases.
* Early in the year, student may use his notes a lot, while testing, but as the year proceeds, they depend on them less and less.
* Practice and practice as much possible, and then try to find some way to relax before you take to the exam.
* Thorough study of the subject infuses a confidence and reduces the fear of exams.
* Try to teach the students to relax and just do the best they can.
* It’s like in playing sports—if you care who wins, each thing you do is a bit scary, because you care about the consequences if you make a mistake.
* The only way to remove the fear is to remove consequences, and that doesn’t seem very practical.