How to stop afraid of exams?

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If you are waiting for, then there will be a "standard list of recommendations", which relate to inner peace of mind and pacification on the eve of the exam, then you will be disappointed slightly. In this article there is nothing like this. Why write a hundred times about what every child knows in kindergarten. "Put in the shoe", "put the textbooks under the pillow on the eve of the exams," what people will not come up to calm down the day before the session or credits.

The most amazing thing is that such ways sometimes are truth, only the whole thing is not in the magical strength of student and customs, but in programming itself through all these customs on the fact that they will definitely help in passing exams.

But do not help not commemorates and customs. First of all, you help yourself. Those people who have a weak power of will and easily "integrable" character are simply forced to resort to external sources of additional self-confidence. But this is not a way out of the situation. Similar manipulations (walking with the Pyatak in the boot and sleep on textbooks) is required to be carried out constantly so that the final result was. Just was.

However, if you at least once forget to "sleep on textbooks" (or make another ritual before exams), then in the morning you will wake up with a certain (and quite large) degree of excitement. You forgot to do what you always brought success and good luck on the exam! Oh shit! Everything, you will not give right now.

How to overcome stress before the exam

And as practice shows, such people who are confident that their final positive result (i.e., the passing of examinations) was provided by "mysterious student rituals", as a rule, the exams are overwhelmed and they have to spend some more time on That is to close the session. Who wants to move everything a few times? Of course, everyone wants to pass the exam and seek to forget all that they taught to pass it. Such is the philosophy of students, what can be done here :)