



MASTERING EXAMS

Marie Gamborg Laursen, Psychologist

Maja Fjord Lindqvist, Psychologist

STUDENTERRÅDGIVNINGEN – SRG.DK



HOPE / EXPECTATIONS



PROGRAM

1. Procrastination and Over preparation
2. Focus and Concentration
3. Worries and Nervousness
4. Advice



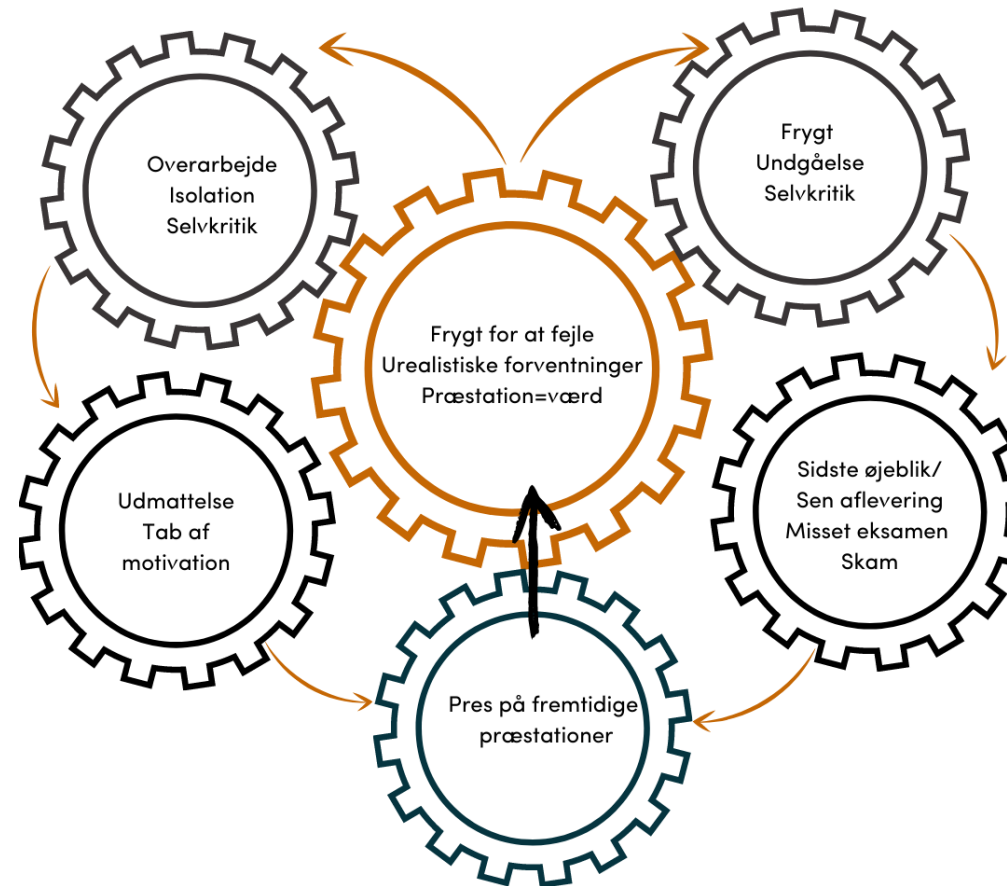
1. PROCRASTINATION AND OVER PREPARATION



1. PROCRASTINATION AND OVER PREPARATION

over preparation

procrastination



1. ADVICE

- **Detecting** the vicious circles – notice when it appears – what's your sign?
- **Tolerance** – acceptance with oneself – avoid a guilty conscience.
- **Break** the vicious circle: use the good study habits – planning, working according to time, taking breaks, realistic goal setting.



REFLECTION

Do you recognize the vicious circles?



2. FOCUS AND CONCENTRATION



2. FOCUS AND CONCENTRATION

- Our attention **wanders** – it's normal!
- Easier to **lose concentration** when stressed, worried, bored, tired.
- Become **aware** of where your focus is, direct focus back to the here and now – with indulgence.



2. STUDY HABITS

- Plan the **time frame** you want to study instead of number of pages.
- Be **active** while studying – look for **understanding**.
- **Practice** old exam.
- Do not **over prepare**.
- **Prioritize** your preparation.



2. BREAKS – WHY?

- Our **brain** is like a **battery** that needs recharging.
- If you don't take a break, your brain will do it for you.

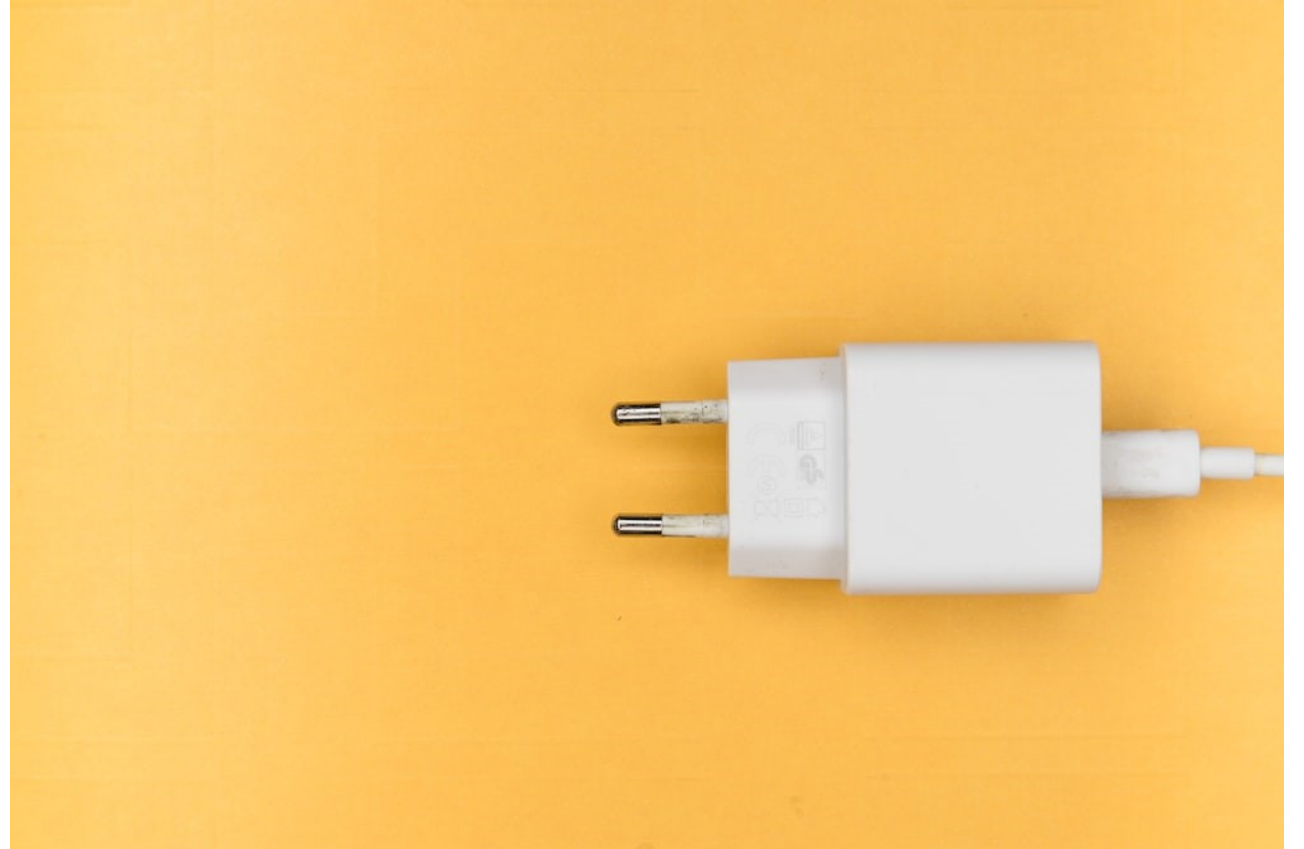
Signs that your brain has taken a break for you:

- You can't **remember** what you just did/read.
- You have a lot of thoughts and you don't feel like you can **control** them.
- Often these are thoughts of **worry**.



2. BREAKS – HOW?

- Study free time!
- Remember breaks (45:15)
- Recharge:
 - Sleep
 - Nature
 - Movement
 - Talk to friend
 - Etc.....



REFLECTION

What are you already doing that works for you?

And what would you like to try?



3. WORRIES AND NERVOUSNESS



REFLECTION

How does worry and nervousness look
like to you?



3. NERVOUSNESS – ACCEPTANCE

- Leave the nervousness **alone** and trust that it will **calm down** on its own.
- The problem is our **attempt to control** the nervousness: "Nervous for the nervousness".
- Paradox: More **focus** on avoiding nervousness leads to more worry.
- Trust that the nervousness will **subside by itself** – emotions are fleeting – the **wave**.
- You can take the exam and pass it, **even** if you feel nervous!



3. MANAGE WORRYING THOUGHTS

- Many people experience increased anxiety or restlessness during periods of stress.
- **EXTERNALIZATION** – naming, metaphor.
- **FUNCTION** – Examine the function of the concerns. What will they tell you?



4. ADVICE



4. CONSIDERATIONS

- Read the objectives and content and **exam regulations** in the programme curriculum for your study.
- Check the **form** of the exam and when and where it will take place.
- Adapt your **preparation** to the exam.
- Be aware of your **ambition**.
- How is this exam for **you**?
- Prepare **help sentences**.
- Group exams – **expectations**.



4. PRACTICE EXAMS

- **Practice** oral presentation – fx. presentations in class or with fellow students/study group.
- **Practice** format – fx. online (with fellow students).
- **Practice** known tasks/exam questions.
- **Practice** calming sentences.



REFLECTION

What advice do you take with you? –
select one



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WORKSHOPS DTU & SRG



Workshop about stress

Learn more about stress and how to prevent it.

[Read more](#)



Workshop about worries

Learn how to deal with worries so they don't overwhelm you.

[Read more](#)



Workshop about perfectionism

Alter your habitual thinking patterns and get new a perspective on your perfectionism.

[Read more](#)



Workshop about mastering exams

Learn how to overcome the barriers preventing you from performing in exams

[Read more](#)



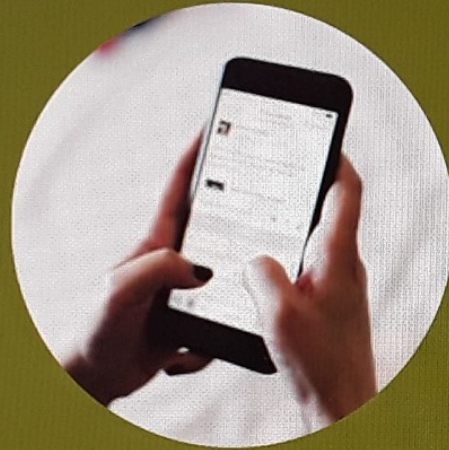
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Individual consultation

Talk about the things that challenge your study life. Online therapy allows you to have the consultation in your own home.

Read further



Exam app

Try our Exam app.

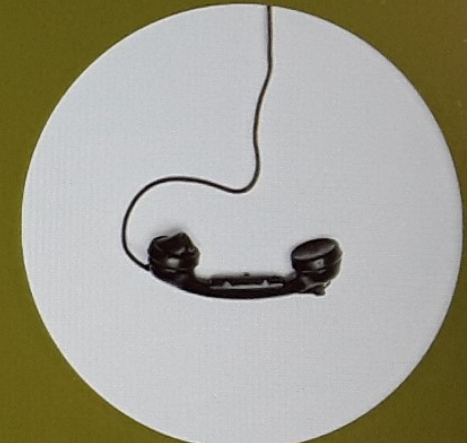
Read further



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Read further



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Read further

