

How to overcome the fear session

Fear before the session Of the students ' own experience I know that the time of the session, this time of fear, or even doubt and uncertainty in their own abilities. And it does not depend on – are you ready for the examination, not ready. I admit, I was worried even when I was clearly promised “automatic”. Why?

Yes, because in the first year I taught, one teacher: after saying a week before the exam for all the group that I have a gun, then says to the exam “pull the TICKET!”. I have since realized that life is unpredictable, and in particular student life. So a few tips on how to overcome the fear of the session.

1. Tune in to the positive: meet with friends, listen to your favorite music, watch a good movie.
2. By the way, aerobatics will be instead of an answer (you know) tell the teacher on the exam about this [write my essay paper](#) movie. For example this phrase: “it is interesting to note that this issue attracts the attention not only of scientists, it is important for society. By the way, this question is very well disclosed by Director X in the movie Y … “.
3. Although the previous Board – only if you really “swim” and there is no other way. Then student works the commandment “come on!”.
4. Think about what will change, if you fail the session: it's not the end of life, you are young and beautiful, you're still ahead. And well, very well, if handed over session will be of greatest affliction in your life.
5. Learn nothing the night before an exam or a test, if not studied earlier. On will “mess” in the head, and the panic will only intensify. Give information to move from short-term memory.
6. Believe in your strength. If you haven't been kicked out of the University – so you need someone! Myself, parents, and teachers. So don't lose hope, with the optimistic attitude to reality and she will treat you!

In General, work during the semester, go to couples – and you will be rewarded!