

St Cecilia's Public School Workshop on Examination Anxiety

“You are braver than you believe, stronger than you seem and smarter than you think.”
– Christopher Robin



With the onset of examinations and to help students overcome the stress and anxiety caused during exams, an interactive workshop on “Exam Anxiety” was organized on 25th August 2023 at St Cecilia's Public School for senior secondary students of Class X by Resource-person from Times NIE. The objective of the workshop was to enable students to be in a calm state of mind to deal with distress and to educate students on ways with which they can deal and relieve stress to excel in their day to day activities, including the upcoming exams.

Madam Jayshree, a renowned speaker on adolescent issues while addressing the students said that anxiety is a part of human nature, but it is important to know how to overcome it. In the interactive session, she talked about the types of stress and how to deal with them by giving real life examples to help students relate and understand. She also emphasized about the stress relaxation therapies which can be easily followed by the students.

She dealt at length with the three Ps i.e. Planning, Preparation and Practice to help overcome any challenges and highlighted the importance of being organized in life with a well-defined goal. As she explained the students about the stress management, she said that the students should always share their problems with their parents, teachers, school counselor or whom they trust.

The students asked their various queries on stress management. They also shared their issues with regards to concentration and focus. The session provided an opportunity to share and practice how to prevent, manage and relieve stress especially during examination. Madam Principal appreciated the inputs of the session and wished academic excellence for the students.

The session proved fruitful as it helped students in building self-awareness and positivity among themselves and deal with exam stress like winners.