

PRACTICE 3

Read the story below. Six sentences have been removed from the article. Choose from the sentences (A - H) to fit each gap (35 - 40).

Examination Phobia

Examination phobia is a very common phenomenon among students, especially when an important examination is approaching. It refers to the excessive worry about upcoming exams. (35) _____

A little nervousness or tension is healthy for a student since it actually helps them perform their best. But when this tension or stress becomes so excessive that it actually hampers their performance on an exam, then it is called examination phobia. (36) _____

(37) _____ Some of the major personal factors are nervousness, poor preparation, fear of parents and teachers, not getting admission into a reputed institution in the future and tough competition among classmates.

Hence, parents and teachers should try to help students in coping with examination phobia. (38) _____ Instead, they should try to deal with their children lovingly, and help steer them towards a better future. Always remember that scoring low marks or failing an exam is not the end of the world.

To overcome examination phobia, it is very important to formulate a study plan and implement it successfully. Make a realistic revision schedule and stick to it. (39) _____ Avoid last-minute cramming for exams.

Regular exercise is a very effective way of keeping your mind calm and functioning well. It helps you sharpen your focus and improve your cognitive levels. Apart from that, meditation is one of the best medicines that can reduce your anxiety. (40) _____



- A Make a habit to meditate at least 10 minutes per day to increase your concentration power.
- B Parents should not try to force their own dreams onto their children.
- C It is extremely disastrous as it affects them psychologically, cognitively and emotionally.
- D A lot of preparation and expectation are facts that trigger stress among the students.
- E Examination phobia can be a serious barrier to good performance.
- F Lack of predictability and control are sure to make most students feel anxious.
- G Examination phobia is caused by different factors, which can be personal, parental and teacher-related.
- H Start planning it and executing it well before the exams begin.

[6 marks]