

DO YOU HAVE WHAT IT TAKES? series

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THE SECRET OF EXAMINATION CONFIDENCE

Reasons for Examination Tension

Solution to Examination Tension

Understanding the Questions

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SECRET OF EXAMINATION CONFIDENCE

DEFINITION OF TERMS

EXAMINATION

It is an assessment to measure a test-taker's knowledge, life skill, aptitude, physical fitness, or standing in some other topic. It is a set of question that finds out student's knowledge on various topics or fields.

In education an examination is a test to show the knowledge and ability of a student. A student who takes an examination is a candidate. The person who decides how well the student has performed is the **examiner**.

An examination may be a written test, an on-screen test or a practical test. Examples of a practical test may be: driving a car, speaking a language, playing a musical instrument and doing a scientific experiment. An on-screen test is a test which uses the computer.

If the candidate is successful he will have passed the examination. If he is unsuccessful he will have failed. In some cases it is possible for a student who has failed to take the exam again another time.

CONFIDENCE

Confidence means feeling sure of yourself and your abilities — not in an arrogant way, but in a realistic, secure way. Confidence isn't about feeling superior to others. **It's a quiet inner knowledge that you're capable.** Confident people: feel secure rather than insecure, know they can rely on their skills and strengths to handle whatever comes up, feel ready for everyday challenges like tests, performances, and competitions, think "I can" instead of "I can't"

Confidence helps us feel ready for life's experiences. When we're confident, we're more likely to move forward with people and opportunities — not back away from them. And if things don't work out at first, confidence helps us try again. It's the opposite when confidence is low. People who are low on confidence might be less likely to try new things or reach out to new people. If they fail at something the first time, they might be less likely to try again. **A lack of confidence can hold people back from reaching their full potential.**

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REASONS FOR EXAMINATION TENSION

- 1 There are children whose parents doesn't allow them to answer simple questions like: "How are you, Junior? Unconsciously, the parents answer for them and such children grow up waiting for people to help them out with questions in life. Such children therefore, find it difficult or are tensed up when it's time for examination.
- 2 Many children never raise their hands to answer any question from their teacher. When a question is thrown open, they wait for the "best student" to answer. Once some answers it, they are happy; not knowing that those who answer questions in class are more relaxed during examinations. Rather they are in a better state of mind to answer questions since they are only doing what they are already used to.
- 3 A student could be tensed up if he or she did not cover the syllabus for the examination. There is the fear of questions coming out from these areas he or she did not study. Frankly, it is risky to cover even 2/3 of your syllabus because majority of the questions or even compulsory questions which usually attract high marks could come from the remaining 1/3 and you can't blame the examiner.
- 4 Another reason could be that a student got a promise of "EXPO" and so spent his or her time playing away. When he or she gets to the examination hall, automatically, tension mounts up because; he or she wonders if what he or she got was real.
- 5 A student who has interacted with a senior who failed a particular examination; is likely going to be scared. No matter how the student has read, tension would build up as the examination is about to start. This is even worse when the senior student is a brilliant student. The thought of if such a student could not make it, then who am I? would creep in. such comments like "*Chemistry is a volatile subject, Geography is too wide, Mathematics is a difficult subject,*" have a negative side effects just before the examination begins.
- 6 The fear of failure grips some students even though they read well. A man who is walking on rope could get through. But once he being to fear he could fall by looking at either side of the rope, he loses concentration and would actually fall. For some, it could be serious warning from home that if they fail, they would be punished.

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SOLUTION TO EXAMINATION TENSION

1. Learn to answer questions in gathering, such as school assembly, debate setting and most importantly, in class. Though the aim is primarily to get the answer; yet it will build your confidence. It is more difficult to answer questions in public than to write them down. So get used to the difficult one; so that during examination, the act will not be new to you.
2. Make sure that you cover your syllabus on your own. Don't wait for your teachers. As for those topics you don't understand very well because they've not been treated in the class make sure you understand at least the major points such that if you can't write extensively on them, you can at least put down the main points. *"Know something about every topic you are required to read before the examination."*
3. Do everything not to listen to negative comments about the examination you are about to write, especially from a hardworking student who for some reasons had failed the examination before. When you hear a negative thing about a subject, it will affect you just before the question papers are distributed. Get close to people who have passed the examination. Their positive comments will build your confidence. Associate yourself with successful students.
4. Do not fear that you will fail. The examination was not set to mock you, rather it was to make you. It was set to lift you up. Never focus on the areas you don't seem to have a good knowledge. When you get your question papers, reduce your tension by focusing on the questions you know well. Examination is the only opportunity to climb to the next level.
5. Remember past examination you have excelled. Though the present examination is tougher than the previous ones, remember that you are more matured now than you were then.
6. Don't forget that the questions you will be faced with in the exam are not totally new to you except that approach by which the questions will be framed.
7. Tell yourself: I can do it. I've put in my best. When you drop the booklet begin to talk positively to yourself. On the day of the examination wake up and speak to yourself. You are about to be give the question papers don't sit still. That is not time to think. Give a friend a simile and pray to God.

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8. When the invigilators are about distributing the question papers, take a slow deep breath a few times, it will relax the nervous system.
9. The time you arrive for the examination matters a lot. If you arrive late, no matter how prepared you are, you will be tensed up and that will affect your performance. Make plans ahead to arrive in good time.
10. Avoid discussion of a new topic just before entering the examination hall. You may get more confused, because the nearer the examination, the higher the stress level.

KNOWING THE ANSWER BUT NOT UNDERSTANDING THE QUESTION.

One major reason for failure among the students who have read is that they expect the question to come out just the way they were taught. Any slight change in the way the question is framed causes them tension. For Example:

You were taught the causes of inflation in Nigeria” in class and you’ve read it and you know it. Now in the examination, the question reads: “prices of goods and services are going up in Nigeria. Are the politicians to blame?

A student who does not realize that he/she knows this question may leave the examination hall a failure. Why? Because he/she knows the answer but does not understand the question.

Be bold as you enter the next examination hall, the questions are coming from what you’ve read.

PRACTICAL EXAMPLE


When a Lion becomes too old to hunt for a prey, it stays positioned on one side of the bush while its powerful cub stays on the other side. Once a prey is in sight, the old lion roars. Consequently, the prey turns away from its direction into the hands of the young powerful lion. As a result, mother and child have meat. When everyone runs from examination, run towards it, be excited about it, be bold and you will get the best.

- HAVE CONFIDENCE IN GOD
- HAVE CONFIDENCE IN YOURSELF
- HAVE CONFIDENCE IN YOUR PREPARATION

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- REMEMBER, WHAT YOU FOCUS ON DETERMINES YOUR LEVEL OF CONFIDENCE.



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MY BRAND

- * Mental Revival among the youths, students, academics etc.
- * Business Consulting.
- * Education Consulting.

Human Capital Development and Deployment.

I TEACH, TRAIN AND MENTOR

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DO YOU HAVE WHAT IT TAKES?

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