

Support opportunities offered to students experiencing examination anxiety

1. **Mock Examinations:** mock examinations are available in Hilary and Trinity terms to enable students to sit a paper under examination conditions at either Examination Schools or Ewert House, Summertown. [View more information.](#)
2. **Examination orientation:** sessions are available in Hilary and Trinity terms, consisting of a one hour talk to clarify examination regulations, what to expect on the day, and an opportunity to ask questions of the Examinations & Assessments team and invigilators. [View more information.](#)
3. **Examination preparation:** a session focusing on preparing for examinations and the services available in the lead up to examinations. Includes information from Student Welfare and Support, Student Advice Service, Oxford University Students Union and past students. [View more information.](#)
4. **Alternative arrangement orientation sessions:** sessions are offered in Hilary and Trinity terms for students with alternative arrangements, consist of a one hour talk to clarify examination regulations, examination adjustments, and there is an opportunity to view the computer set up for examinations and ask questions of the Examinations & Assessments team, invigilators and IT Services. [View more information.](#)
5. **Examination preparation and revision podcasts: a set of podcasts to help students prepare for upcoming examinations.** The podcasts examine ways of achieving a balanced approach to thinking about examinations, how to get started with revision and exercises to help you relax before and during examinations. These and additional podcasts are available on the [Oxford Students website.](#)
6. **Revise your way – revision and examination preparation workshops:** counselling workshops focusing on helping students to understand and manage examination anxiety using techniques from Cognitive Behavioural Therapy (CBT). The workshops also provide strategies to help students plan and undertake revision effectively. [View more information.](#)
7. **Revision and examination study guidance:** [a web page](#) providing general advice on preparing and sitting examinations, and identifying and coping with symptoms of examination-related anxiety.
8. **College briefings:** colleges may host briefings for students sitting examinations, some focused on finalists, others for all students. The timing and content of such events vary, but most occur in Hilary term, and can include information from academic tutors, college nurse/GP, senior tutors, disability contacts, chaplains and members of the welfare team. Many student common rooms, welfare teams and peer supporters offer examination-related events. You are advised to check with your college.
9. **Departments and faculties:** departments and faculties may hold examination forums to provide advice on revision techniques and give further details about the format of the examinations. You are advised to check with your department or faculty.
10. **Academic tutors:** many academic tutors provide detailed support, advice and guidance through revision sessions and tutorials to support their students in both academic and non-academic preparation for examinations.