



Preparing for Examinations: Resources to plan study and combat exam anxiety

Membership and fellowship candidates are often working full-time and studying part-time. In conjunction with busy personal lives, designing a practical and effective study plan is essential for success.

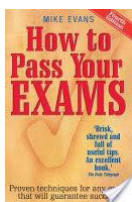
In addition, a positive and confident approach to the examination process is beneficial. Veterinary graduates have vast experience in undertaking exams but often overlook the role which anxiety plays. The finding of research on examination anxiety has identified increased confidence, as well as success rate, by psychologically subduing the anxiety. Performance psychology is commonly used by athletes, the military and corporations to develop and enhance the psychological skills and knowledge necessary to facilitate and develop peak performance guidelines into best performance. This may involve organisational, cultural and personal change, managing processes better, and working towards outcome goals via process goals.

A list has been provided below of resources that may be useful to candidates on their journey towards membership and fellowship.

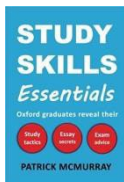
Textbooks



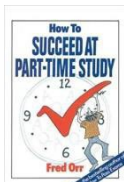
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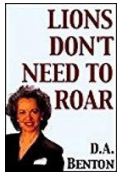
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