

Help I've failed my exam!

Exam Support for trainees

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What does the workshop offer to trainees?

- Provide group support and strategic guidance by
 - Meeting others in the same position
 - Listening to others' experiences
 - Voicing negative feelings
 - Supporting and mentoring each other
 - Trying out new ways of working
 - Developing a growth mind-set



What can educators do to help?

- Encourage trainees to be honest about how they feel about the exam
- Listen to them
- Tell them about your own experience
- Ask and identify how colleagues and educators can support trainees

Talk about exam anxiety

- Excessive worry about upcoming exams
 - *Reduce anxiety by self-care and planning*
- Experienced by 5-15% of students
 - *Common normal experience*
- Manageable by following a plan
 - *Preparation + practice = success*
- What can educators do to help?

Exam or not? Ignoring signs of stress

- Are your head and body connected or are you living just in your head?
- Do you push yourself too hard? Are you too rushed to notice stress?



Address the stress

- Learn to recognize the signs and then do something about them...
- Challenge anxious thoughts and focus on the present – observe and note the issues and then let them go.

Do junior doctors practice self-care?

- Not enough rest
- Poor nutrition
- Too many stimulants
- Not enough exercise
- Not scheduling time appropriately
- Not prioritising commitments

Total tension release...anxiety reduction exercise



Practical stuff

- Know what you need to know
- **Who can help** and how can you get in touch?
- Effective and efficient study styles
- Time management
- Making a plan
- Preparing for the day of the exam

Planning and organising

- This is difficult for everyone.
- **What works well and what doesn't?**
- Lists/hierarchies
- New ways of learning
- Repetition – short to long-term memory
- Make a dynamic plan

Extra curricular

- Neuro-diversity: eg dyslexia, Asperger's
- Training specialty
- Type of exam
Eg complex multi-choice, CSA exams etc



Be aware of the exam date

- Offer as much support as possible as exam gets near
- Regular check-ins to see how they are getting on
- Are they ready?



Changing attitude

- Feeling a lack of control over the exam
- Negative thinking and self-criticism
- Irrational thinking about exams and outcomes



Distorted thinking

- Black and white thinking
- Overgeneralization
- Catastrophizing
- Should and should-nots
- Mental filter

Keeping things in perspective

- Interrupt negative thoughts with positive ones, for example
- Replace “*I can't do this*” with

Yes I can do this.....

Perfectionism



Perfectionism is a personality trait rather than a mental health condition.



Overcoming perfectionist thinking

- Set realistic and achievable goals
- Take it one step at a time
- Try for less than 100%.
- What did you learn? What did you enjoy?
- *What can **you** do to help?*



Developing a growth mind-set

- What can you do to bounce back after failure?
- Start to look at “failing” as part of a growth process
 - Small steps
 - Try a different label instead of “failure”
 - Record achievements
 - Look at “failure” objectively

Minion advice

Chemistry

ATOMIC STRUCTURE

$E_n = \frac{-2.178 \times 10^{-18}}{n^2}$ joule

$\Delta E = 2.178 \times 10^{-18} \text{ joule} \left(\frac{1}{n_f^2} - \frac{1}{n_i^2} \right)$

$\lambda = \frac{h}{mv}$

THERMODYNAMICS/KINETICS

$\Delta G = \Delta H - T\Delta S$

$\Delta G^\circ = -RT \ln K = -2.303RT \log K$

$\ln \frac{[A]_t}{[A]_0} = -kt$ $\frac{1}{[A]_t} - \frac{1}{[A]_0} = kt$

$\ln k = \frac{-E_a}{R} \left(\frac{1}{T} \right) + \ln A$

$\ln P = \frac{\Delta H_{\text{vap}}}{RT} + C$

$\ln \frac{P_2}{P_1} = \frac{-\Delta H_{\text{vap}}}{R} \left(\frac{1}{T_2} - \frac{1}{T_1} \right)$

GASES/SOLUTIONS

$P_A = P_{\text{total}} \times X_A$ where $X_A = \frac{\text{mole } A}{\text{total moles}}$

$\frac{r_1}{r_2} = \sqrt{\frac{M_2}{M_1}}$

$\Delta T_f = K_f \times \text{molality}$

$\Delta T_b = K_b \times \text{molality}$

$\pi = MRT$

$A = abc$

Absorbance = $\epsilon \times c \times l$



Constants

EQUILIBRIUM

$[\text{OH}^-][\text{H}^+] = 1.0 \times 10^{-14}$ at 25°C

$K_a K_b$

$\text{p}K_a + \log \frac{[\text{base}]}{[\text{acid}]}$

PHYSICAL CHEMISTRY

$E_{\text{cell}} = E^\circ_{\text{cell}} - \frac{0.0592}{n} \log Q$ at 25°C

CONSTANTS

Mass of electron = 9.109×10^{-31} kg

Mass of proton = 1.672×10^{-27} kg

Mass of neutron = 1.675×10^{-27} kg

Planck's constant: $h = 6.63 \times 10^{-34}$ J s

Boltzmann's constant: $k = 1.38 \times 10^{-23}$ J K⁻¹

Electron charge = -1.602×10^{-19} coulombs

1 electric volt per atom = 96.5 kJ mol^{-1}

1 amu = 1.6605×10^{-24} kg

1 cal = 4.184 J

1 eV = 1.602×10^{-19} J

Faraday's constant: $\mathcal{F} = 96,500$ coulombs per mole of electrons

Gas Constant: $R = 8.31 \text{ J mol}^{-1} \text{ K}^{-1}$

1 atm = 101.325 kPa = 760 torr

1 torr = 133.322 Pa

KEEP
CALM
IT'S
JUST
AN EXAM