



UNIVERSIDAD
DE BURGOS

Managing Exam Anxiety



SUAS

University Health Care Service

www.ubu.es/suas

 947 49 20 50

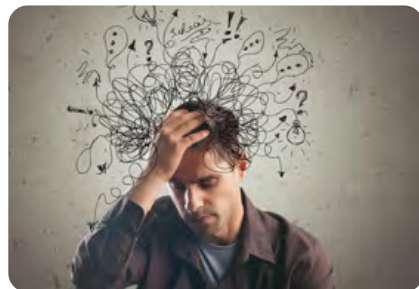
 suas@ubu.es



Fill in
our form!

Managing Exam Anxiety

Exam anxiety refers to the predisposition to experience anxiety responses, at a physiological, cognitive, and behavioural level, in situations where students are or feel evaluated, which negatively interferes with their academic performance.



Target Audience

Students who, despite being adequately prepared with proper planning and study skills, experience a debilitating fear during exams. This fear results in sub-optimal academic performance and even leads to avoidance behaviours.

Objectives and Procedure

The main objective is to reduce or eliminate anxiety associated with assessment situations that significantly affect academic performance. To this end, a Multicomponent Program will be used, along with Virtual Reality and Biofeedback, which are effective strategies for addressing this type of anxiety.

Duration and Implementation Period

The program will be carried out in groups for 8 to 12 weekly sessions, each lasting 60 minutes, during the second semester.

How to Contact Us

Fill in your personal details and the reason for your inquiry using the form available on the website: <https://www.ubu.es/suas> or scan the QR code.

We will contact you to inform you about the program that best fits your personal needs and provide you with the start dates.

