

Registration Form

Workshop on Managing Examination

Anxiety among School Students

December 5, 2009

**Name of participant: Prof./Dr./Mr./ Ms./
(CAPITAL LETTERS)**

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**Category: Academic/ Professional/ Stu-
dent/Teacher.....**

Designation:.....

Affiliation:.....

State/Country:.....

Address for correspondence.....

.....

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Tel.:.....

Fax:.....

E-mail:.....

Cash Receipt/DD No.

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Please mail your registration form to:

University Counseling & Guidance Centre,

Jamia Millia Islamia, New Delhi-110025

Note: Demand Draft Should be made in
favour of Registrar, Jamia Millia Islamia
payable at New Delhi

*Venue: Committee Room, Nehru Guest House
Jamia Millia Islamia*

Psyindia Foundation is a non-profit organization working at different levels i.e., awareness building, prevention, intervention and advocacy for human well-being. It works with children as well as adults on a broad range of mental health issues. In children, remediation of educational difficulties is also focused. The organization has a dedicated team of psychologists, Special educators, occupational therapists, speech therapists, yoga experts, vocational & guidance counselors and organizational psychologists. Dr. Dherandra Kumar, Clinical & Child Psychologist is Honorary Director of the organization.

University Counseling & Guidance Centre was established in the year 2005 with the aim of developing personality of the students, to help them achieve their fullest potential in academic and professional areas, to excel in life and to prepare them to meet the challenges of the future. The centre has diversified its services into remediation, rehabilitation, prevention and management of psychological needs in school and University students. Wide range of services is provided to assist students in acquisition and development of positive attitudes, insight and understanding about self and surrounding environment. The centre conducts weekly/fortnight workshops, lectures, meetings and orientation programs to assist students in overcoming current and specific personal, educational, vocational, social, and psychological problem areas. Dr. Waheeda Khan, Professor of Psychology is Honorary Director of the Centre.



Organized by

- **Psyindia Foundation &**
- **University Counseling & Guidance Centre**

University Counseling & Guidance Centre,
Jamia Millia Islamia, Jamia Nagar,
New Delhi- 110025

Phone: 9811714071
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**Workshop on
Managing Exam
Anxiety among
School Students
On December 5, 2009**

- **Psyindia Foundation &**
- **University Counseling & Guidance Centre**



**Contact: 9811714071
E-mail: workshop@psyindia.com
Web: www.psyindia.com**

Introduction About The Workshop

Because of our educational and examination systems, parental and social demands and for the better career opportunities, students face pressure from others and self, to perform better in the examinations, which leads to examination anxiety. This examination anxiety is a form of performance anxiety. Examination anxiety in itself is not bad because up to certain extent it energizes the individual and provides him/her motivation. This motivation and energy shape the efforts of an individual and he/she performs better. But when the examination anxiety is very high and exceeds the personal resources of the individual, it starts to produce debilitating effect on the individual's performance and his/her mental health.

A phenomenon similar to examination anxiety is test anxiety, which is studied widely in a scientific manner and it is considered to be situation specific trait. It has been found to be associated with poor mental health in the students as there is high co-morbidity of mental health problems.

In media, there are regular reports of suicide and deliberate self-harm by school and college students because of examination anxiety and academic stress.

There is a strong need to provide intervention in this area, but there is lack of properly trained manpower for assessment and intervention in the area of examination/test anxiety. After analyzing the present state, Psyindia Foundation decided to conduct a workshop in collaboration with Centre for Guidance and Counseling, Jamia Millia Islamia.

The workshop will aim at equipping the Counsellors, Psychologists and School teachers to handle exam anxiety related issues in an effective manner by training them in assessment and intervention for test anxiety. The workshop will draw on participatory and experiential learning. The workshop will be heavily based on Cognitive Behavior Therapy (CBT) model.

Trainers: The workshop will be conducted by Dr. Dherendra Kumar, Consultant Clinical Psychologist and other practicing Clinical & Child Psychology Professionals.



Programme Schedule:

- 9.00-9.30: Registration
- 9.30-10.00: Inauguration/Welcome Address
- 10.00-10.45: Understanding Exam Anxiety
- 10.45- 11.00: Tea Break
- 11.00-11.45: Assessment of Exam Anxiety
- 11.45-12.45: Study Skills Training
- 12.45-1.30 Lunch
- 1.30-3.30: CBT for Exam Anxiety
- 3.30-3.45: Tea Break
- 3.45-4.30: Additional Input
- 5.00-5.30: Q & A Session

REGISTRATION DETAILS:

The registration forms should be filled and submitted to the organizer via e-mail or post. Since number of participants will be limited, selection will be based on the first come first basis.

Registration Fee–

Before November 25, 2009: Rs 900/-

After November 25, 2009: Rs 1200/-

Students Before Nov 25, 2009: Rs. 500/-

Registration fee includes the workshop kit and certificates.