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Beyond Exam Anxiety held at NSU

Staff Correspondent

THE North South University's Counselling and Wellbeing Centre has recently organised a workshop titled Beyond Exam Anxiety at the NSU in Dhaka.

According to a recent survey, 66 per cent of university students have severe test anxiety. Hence, so many students are unable to prepare well for the exam or cannot perform as per their ability in the test, said a press release on Monday.

To assist them before the semester final, the Counselling and Wellbeing Centre of North South University has arranged the workshop.

Counselling psychologist and assistant professor of Dhaka University Roufun Nahar was the facilitator of the event. Psychologists of the CWC assisted her as co-facilitators.

The facilitator discussed how childhood experience, uncertainty of the future and pressure to prove self-capacity can lead to test anxiety.

This intense anxiety can cause physical and psychological issues. Even, it can trigger different illnesses. Additionally, excessive self-criticism creates mental health vulnerability and costs self-esteem, said Roufun Nahar.