



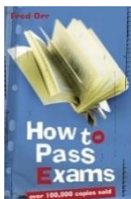
Preparing for Examinations: Resources to plan study and combat exam anxiety

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.

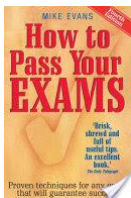
In addition, a positive and confident approach to the examination process is beneficial. Veterinary graduates have vast experience in undertaking exams but often overlook the role which anxiety plays. The finding of research on examination anxiety has identified increased confidence, as well as success 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 both written and human resources that may be useful to candidates on their journey towards membership and fellowship.

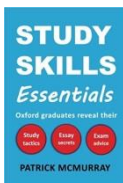
Textbooks



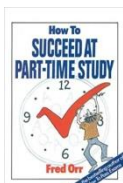
How to Pass Exams, 2nd Edition
Fred Orr
ISBN: 9781741145519



How to Pass Your Exams 4th Edition
Mike Evans
ISBN: 1848034490, 9781848034495



Study Skills Essentials
Patrick McMurray
ISBN: 0956845606, 978 0956845603



How to Succeed at Part-Time Study
Fred Orr
ISBN: 9780043050071



Lions Don't Need to Roar
Debra Benton
ISBN: 0446516678, 978-0446516679

Human Resources – Performance Psychology

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Dr Fred Orr delivered a plenary session at Science Week in 2015 entitled "Managing the Monster – conquering membership and fellowship exam stress". He works with clients in person and all over Australia and internationally using Skype. Several candidates have worked with Dr Orr through during their examination preparation process and have been highly positive about their experience.

With regard to costs for Australian based vets, Dr Orr offers assistance to clients at the scheduled government fee (no additions). He suggests obtaining a GP's referral with a GPMHP (mental health plan). With that plan, usually based upon clinically significant examination anxiety, they can then claim the full fee back from Medicare. If, for any reason, a vet prefers not to use a GPMHP, they can claim a partial rebate from their private insurance policy, if they have one. As of June 2017, the current fee is \$125 per hour and will only increase if the government raises the scheduled fee.

The Performance Curve

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In the event that a candidate is unsuccessful, a one hour guidance counselling session, with a psychologist from The Performance Curve will be available and funded by the College. The doctor will be on call at the Gold Coast the day the results are released or can be consulted in person, by telephone or Skype at a later date. The College funds the initial one hour consultation for the candidate, after which additional consultations can be arranged at their own expense.

Q-Psych

Dr Michael Maier, Dr Diane Barber
Suite 5 (Ground level), 187-197 Days Rd
Grange Qld 4051
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Q-Psych is a multi-service psychology centre providing a wide range of general and specialty psychology services to meet the diverse needs clients including clinicians who can assist veterinarians with professional exam anxiety/stress. In addition, they have a mobile outreach psychology service for clients who cannot attend the centre.