

عنوان مقاله:

(How to pass an exam by controlling stress trough EFT (Emotional Freedom Technique

محل انتشار:

کنگره بین المللی زبان و ادبیات (سال: 1395)

تعداد صفحات اصل مقاله: 8

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خلاصه مقاله:

It is natural that student gets stressed in the days of exam, though how much he is prepared for exam. Exam anxiety is excessive worry about upcoming exams, fear of being evaluated, apprehension about the consequences, experienced by many normal students, not mysterious or difficult to understand and manageable by helpful suggestions. Four main areas which can contribute to student exam anxiety are: life style issues, information needs, poor studying styles, psychological factors. Psychological factors cause stress are: feeling little or no control over the exam situation (rather than knowing and applying exam strategies), negative thinking and self-criticism (rather than being one's own best friend, irrational thinking about exams and outcomes irrational beliefs and catastrophic predictions. EFT is an effective therapy for relieving exam stress. Tapping smoothly on certain parts of face and save spots and body to relieve symptoms. EFT effects on the emotions and removes the trauma that has been held within the body. The memory stays but emotional charge is removed. EFT can also be used to reprocess new behaviors swiftly and expertly

کلمات کلیدی:

Emotional Freedom Technique, Relieving, Tapping, sore spots, Trauma

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<https://civilica.com/doc/582010>

