

Supplementary Material

Hypnotic suggestion

Imagine that there will be an important exam in next week, and the exam is critical (pause for 5 s). You are not nervous at all, in contrast, you are very relaxed and calm (pause for 5 s). You prepare for the exam efficiently by reviewing and practicing questions (pause for 5 s).

Imagine that there will be an important exam tomorrow, and the exam is critical (pause for 5 s). You are not nervous at all, in contrast, you are very relaxed and calm (pause for 5 s). You have studied very well and the review is very good, so that you could welcome the exam with calmness and pleasure (pause for 5 s).

Imagine that you are on the way to an exam room and you are surrounded by classmates who also take the exam (pause for 5 s). It seems that you are relaxed, you look at the beautiful scene and communicate easily with your classmates, and walk to the examination room with pleasures (pause for 5 s).

Imagine that you are walking into the examination room and take a seat (pause for 5 s). You are not nervous at all, in contrast, you are very relaxed and calm (pause for 5 s). Your mood is stable, very stable. You look at the paper and answer each question very calmly. All exam questions are the knowledge that you have learned in the lectures and you know immediately the answer as soon as you look at the questions. You answered all questions with confidence. You performed well in the exam and achieved high marks. You feel happy and relaxed (pause for 5 s).

From now on, you will not be nervous before any exam. In contrast, you will be very calm by reading books with attention and taking a good rest (pause for 5 s).

From now on, you will not be nervous when taking any exam. You will be relaxed, because you can make the most of your potentials in any exams, which will be your stage to show your talents (pause for 5 s).

From now on, you will be relaxed when talking about exam. When you obtain

information related to exam or get to situation related to exam, you could keep calm and relaxed (pause for 5 s).

From now on, you will eat and sleep well before or after an exam, just like now. You are enchanted by this beautiful realm and enjoy this relaxed feeling (pause for 10 s).