41 Affirmations for Using Exam Accommodations

A moment to pause, reflect, and choose a useful next step.

1. I can be a learner without putting on a performance of certainty.
2. Approved support is part of how I access the assessment.
3. I can check which arrangements have been confirmed.
4. I can ask how the arrangements work on the actual day.
5. I can keep relevant confirmation easy to find.
6. An exam can measure selected skills without measuring my entire worth.
7. Nerves do not tell me what result I will receive.
8. Other people's expectations do not have to become insults in my own voice.
9. I can check the accommodation process early.
10. I can ask how approved support will work.
11. I can use the arrangements available to me.
12. I can keep relevant communication organised.
13. I can separate access from unfair advantage.
14. I can report a practical mismatch to the appropriate person.
15. I can use the support without proving I struggle enough.
16. I can ask what information the examination staff need.
17. I can clarify the application deadline early.
18. I can read the actual question before reacting to what I feared it would ask.
19. I can ask an appropriate person to clarify the assessment process.
20. Preparation can include practical arrangements as well as subject knowledge.
21. I can ask for a practical example when an explanation is too abstract.
22. I can ask an honest question without claiming that I have understood.
23. I can separate access from a judgement about intelligence.
24. I can discuss a concern before entering the exam room.

25. I can know whom to contact if something is missing.
26. I can respect my privacy while following the required process.
27. I can talk about exam pressure with someone who will take it seriously.
28. A difficult assessment is a reason to seek clarity, not to hide in shame.
29. A mistake can identify a skill to practise rather than a person to blame.
30. I can stay curious without turning every interest into an assessment.
31. My learning deserves patience even when a deadline requires a decision.
32. Rest and interests outside learning still belong in my life.
33. I can recognise learning that is not immediately visible to others.
34. I can return to a question after giving it some space.
35. I can prepare using the arrangements available to me.
36. I can ask whether a practice setting can reflect the approved conditions.
37. I can recognise that fair participation need not look identical for everyone.
38. I can focus on the task rather than apologise for its accessible format.
39. I can review a result without rewriting my entire history as a learner.
40. One assessment does not remove every future route available to me.
41. I can let the official information arrive before deciding what it means.

Choose words that feel believable. Pair them with a small action. Affirmations support reflection; they do not guarantee outcomes or replace professional care.

Source: https://affluma.com/using-exam-accommodations-affirmations/