

How to CONQUER Test Anxiety

TEST ANXIETY: a type of anxiety that can appear before, during or after a test.

Anxiety Symptoms:

- Not being able to concentrate
- Sweaty palms
- Increased heartbeat, shortness of breath
- Feeling of being trapped or helpless

What causes Test Anxiety?

- Doing poorly on a test
- Fear of failing or letting others down
- Being embarrassed by a peer, instructor, or other individuals
- Failing to finish the test in time

Any past negative experiences regarding a test or subject can cause you to have anxiety.

Test Anxiety is a learned behavior.
That means you can UN-learn it!

What can YOU do to help reduce or eliminate Test Anxiety?

- Figure out what is causing you to feel this way.
- Come up with a plan to avoid this outcome.
- For every negative thought you have about the test, come up with a positive one...and write it down!
 - Ex: I am going to fail this test. ----- **I am going to try my best on this test.**
- Practice breathing exercises.
 - Ex: Breathe in 4 counts, hold 4 counts, and breathe out 8 counts.
- **Be prepared for the test!**
 - **Review your notes every day after class.**
 - **STUDY for the test in advance.**
 - **Don't cram!**
- Take care of your well-being. (Get sleep, eat before taking the test, etc.)

Strategies to use right before the test:

- **Release anxiety by taking about ten minutes to write down all of your worries and feelings about the test. For every negative response, write a positive one. (This is your mental pep talk.)**
- Don't arrive too early.
- Refrain from talking to others.

Strategies to use during the test:

- Breathe deeply.
- Accept your anxiety.
- Expect the test to give you some curveballs and accept them.
- Stop yourself from thinking negative thoughts.
 - Think of positive thoughts to replace them.
- Stay focused on YOU.

What to do after the test:

- Reflect on how you feel after your test.
- What things could you have done to make you better prepared?
 - Keep these suggestions in mind the next time you study for a test.