

TEST ANXIETY

MYTH or TRUTH? Test Anxiety is BAD?

MYTH! Some anxiety is good for your performance on exams. A little nervous energy can help keep you alert and focused on the task at hand and prevent your mind from wandering. However, excessive anxiety or worry can be detrimental to your test taking abilities. It is important to learn how to manage your anxiety both in and outside the testing environment.

What does test anxiety look like?

Test anxiety can manifest itself in many ways. Described below are some of the most common symptoms of test anxiety.

- Trouble sleeping
- Sweaty palms
- Heart pounding
- Inability to concentrate
- Mind goes blank
- Worrying about what other students are doing

What causes test anxiety?

Anxiety builds upon itself. All students feel some sort of anxiety before a test, but some have developed skills to suppress worrisome thoughts that are common among college students. Before you can fight anxiety, you must understand it.

1. Anxiety often begins with a nervous feeling before the test begins.
2. Nervousness, if left unchecked, can lead to negative thoughts about yourself, the test, or the testing environment.
3. Tension builds upon and reinforces itself.
4. Negative feelings about the testing environment can make anxiety worse.
5. Being unprepared for a test is a common source of anxiety.
6. When anxiety rages out of control, even the prepared student's mind can go blank!

How can I manage my test anxiety?

There are many strategies for dealing with and reducing test anxiety. Not all strategies will work for everyone, so find which techniques work best for you!

1. BEFORE the exam:
 - a. Exercise, sleep and eat well
 - b. Arrive early
 - c. Use positive self talk
 - d. Practice going to your "happy place"
 - e. Pick your seat carefully
 - f. STUDY!

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2. DURING the exam:
 - a. Mind Dump
 - b. Read directions (and questions) carefully
 - c. Preview and budget your time
 - d. Circle key words
 - e. Ignore other students
 - f. Breathe! Take time to relax
 - g. Go to your “happy place”

3. AFTER the exam:
 - a. Don’t criticize yourself
 - b. Don’t talk about the test
 - c. Learn from your mistakes
 - d. Keep things in perspective
 - e. Congratulate yourself

Remember...

ACTION FIGHTS ANXIETY!

**Do something positive to help yourself prepare academically,
emotionally, and physically for your next test.**