

Test Anxiety

What is test anxiety?

It's a combination of **physical** symptoms and **emotional** reactions that interfere with one's ability to properly prepare and/or perform well on tests.

Symptoms include:

- Nausea, sweating, racing heart
- Worry or depression
- Difficulty focusing and learning
- Study procrastination and avoidance

If you have symptoms of test anxiety,

DO:

- Talk to a success coach, peer educator, or your professor about your anxiety. Find out what works for you when you study, and create a routine to follow before every exam.
- Plan a study schedule that begins far in advance of the exam, and do your best to stick to it.
- Get plenty of sleep the night before the test.
- Be sure to eat and drink water before the test. Your brain needs fuel, and you'll want to be comfortably full and hydrated.
- If possible, exercise before the test to relieve tension.
- Go to the test site or classroom early and avoid discussing the test once there.
- Bring a TASC stress ball to help you relax during the test—just try not to distract others with it!
- If you start feeling anxious, concentrate on deep, slow breathing from your belly.
- Remind yourself that your only job at this point is to answer as many questions correctly as you can.

Do NOT:

- Wait until the day before the test to ask for help.
- Study up until the last minute; you will stress yourself out and confuse yourself if you try to cram.
- Rush through the test; skip questions and come back to them if you get too stuck (just be sure to go back!).
- Let thoughts like, "I should have studied more" or "I need to get an A on this to keep my scholarship!" distract you. Stay focused on the present and your task at hand. Think positively and focus on the material you know.

For additional tips and to learn more about test anxiety, explore these resources:

1. www.Testanxietytips.com
2. <http://www.mayoclinic.com/health/test-anxiety/AN02021>
3. <http://www.studygs.net/tstprp8.htm>