

Test Anxiety Solutions

Test anxiety is excessive stress that negatively effects thinking skills and test performance. It may cause physical, emotional, cognitive, and behavioral symptoms that may occur before or during a test. ¹

Common sources of test anxiety and solutions:

<u>Source</u>	<u>Solution</u>
Underpreparedness: An awareness that you have not put enough time or effort into studying or assignments	<ul style="list-style-type: none">•Time management skills•Study skills•Learn to make the most of your memory
Past Experiences: Holding on to negative past experiences may result in low confidence, low self-esteem, or low self-efficacy.	<ul style="list-style-type: none">•Use affirmations and positive self talk•Work with a tutor or study group to check your understanding of material and get positive feedback
Fear of Failure: Feeling afraid of disappointing others, fearing low grades, not living up to one's own expectations.	<ul style="list-style-type: none">•Review the syllabus to understand how grades are calculated•Create a plan of action•Increase performance in other graded areas such as completion of homework, participation, attendance, or extra credit projects
Poor Test Taking Skills: Limited experience with or understanding of test questions, formats, test-taking strategies, or how to use test taking time wisely	<ul style="list-style-type: none">•Learn test taking strategies.•Learn to anticipate test questions. Write them out and answer them.•Simulate the test taking environment

Other tips²:

- Relax! Focus on taking slow, deep breaths and count them as you do. Five to ten is a good goal.
- Know that you have done your best and will do your best.
- Do not focus on the fear, just the task at hand.
- Get plenty of sleep the night before the test.
- Eat a good meal the day of the test.
- Avoid talking to students who are not prepared for the test or expressing negativity.
- After the test, reflect upon which strategies worked and which didn't. Keep those that did and think about how to change those that didn't. Relax!

¹ Wong, Linda. *Essential Study Skills*. Boston: Houghton Mifflin, 2006. Print.

² <http://www.studygs.net/tstprp8.htm>