



No More Test Anxiety!

Counseling and Consultation Services



Test Anxiety

Anticipatory

- Occurs when a student feels distressed while studying, or thinking about studying, & focuses on what may happen when s/he takes the test



Test Anxiety

Situational

- Occurs prior to or during the taking of the test & can interfere with a student's ability to successfully complete the test (blinking out, unable to remember certain info.)

How Does Test Anxiety Feel?



- Physical
- Emotional
- Cognitive
- Behavioral



Reasons for Test Anxiety

3 Main Reasons

- 1) Lack of adequate preparation or poor study habits:
 - poor class attendance
 - inconsistent study habits
 - procrastination
 - cramming
 - study attitude



Reasons for Test Anxiety

- 2) Fear of failure or feelings of inadequacy:
 - fear that s/he will “blank out” at test time
 - needs to know everything to succeed
 - self-fulfilling prophecy



Reasons for Test Anxiety

- 3) True difficulty in a subject due to learning disability, lack of aptitude, or history of poor performance in a specific area (e.g., math, reading)



How Can You Cope with Test Anxiety?

Attitude – Work on your perspective of the test-taking experience

- Understand that the grade is not a reflection of your self-worth, nor does one test predict your future success
- Pay attention to how you talk to yourself about the test, about studying, and yourself. Listen for negative self-talk.



How Can You Cope With Test Anxiety?

Attitude (cont'd)

- Realize that you need to study differently if you experience anxiety- giving yourself small breaks and taking care of yourself

Giving yourself a break does not make you weak, dumb, or inadequate



How Can You Cope With Test Anxiety?

Behavior

- Choose to be around people who will support you and who don't fuel your anxiety
- Learn and practice good time management skills
- Make a study schedule that is realistic. Include breaks.



How Can You Cope With Test Anxiety?

Behavior (cont'd)

- Maintain normal activities around test time, like sleeping, eating, exercising, & relaxing.
- Gather all the books, notes, information, & resources you need in advance.
- If possible, take time to study for the test in the room where you will take it.



How Can You Cope With Test Anxiety?

Behaviors (cont'd)

- Minimize distractions in your study environment-**where are good places to study on campus**
- Limit use of caffeine, nicotine, alcohol, other substances during study time and prior to test.



How Can You Cope With Test Anxiety?

Emotions – Managing anxiety can help you feel more in control.

- Learn and practice deep breathing techniques to help you feel in control.
- Take time to express your thoughts and feelings about your anxiety if they continue.



How Can You Cope With Test Anxiety?

Emotions (cont'd)

- Exercise regularly as a way to release excess energy.
- Engage in positive self-talk.
- Focus on your strengths, vs. what you think you can't do. If you are unsure of what those are, ask your professors, a friend, or an advisor.



Test Taking Tips

Before the Test

- Develop a list of possible questions that may be on the exam
- Answer sample questions under actual conditions
- Review your answers and identify the areas that you need to study more in depth
- Avoid cramming and all-nighters.



Test Taking Tips

During the Test

- Review the entire test and read the directions carefully
- Think of the test as a chance to show what you know
- If you begin to feel anxious, take deep breaths, use positive self-talk
- If you go blank on a question, move on and find a question you can answer confidently.



Test Taking Tips

During the Test (cont'd)

- Decide on how you want to organize your time & approach to the test
- For essay questions, make an outline & begin answer w/ a summary sentence
- For MC questions, eliminate obviously wrong answers first
- If you complete the test w/ time remaining, review your answers. Change an answer only if you are certain the first one is incorrect.



Test Taking Tips

After the Test

- Relax
- Reward Yourself
- Focus on the positive
- Evaluate how you can improve the way you managed your test anxiety- what worked, what didn't.