

# Test Anxiety

Yes No

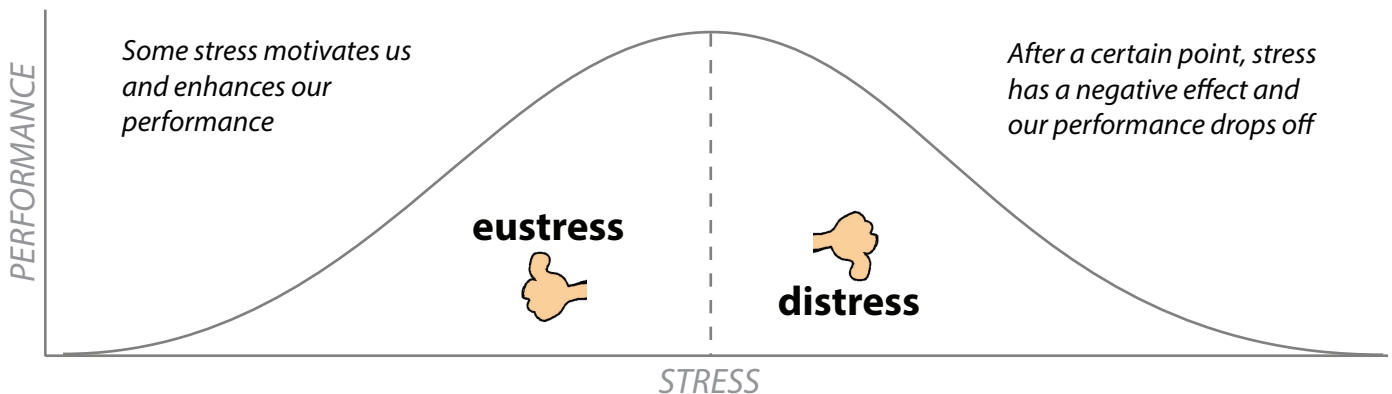
- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Are you aware of being really nervous on a test, maybe so nervous that you don't do your best and lose points, even though you've studied well and prepared? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Does your stomach ever get tight or upset before or during a test? Hands cold and sweaty? Headaches? Do you have trouble sleeping the night before a test?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Do you ever find your mind racing, or dull or "muddy," so that you can't think clearly while taking a test?  |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Do you ever forget material you studied and learned, maybe only to remember it later after the test is over?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Do you "overanalyze" questions, see too many possibilities, tend to choose the complex answer and overlook the simpler, correct one?                         |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Do you make many careless errors on tests?   |



If you answered "yes" to two or more of these questions, you may be experiencing test anxiety.

## Don't worry, you're not the only one.

Everyone is anxious about tests, of course. If you weren't, you wouldn't try. It's fairly obvious that too much stress is a problem. However, a certain amount of stress before the test is good. It acts as a motivator and can enhance performance.



Turn over for tips on  prepping for the exam

# Test Anxiety

## Before the exam

### Stay on top of your studies

Keeping up with your classes – even just for 30 minutes a day – will prevent you from feeling behind, cramming information at the last-minute, and pulling all-nighters.

### Know the test-day particulars

Find out the time and place of the test as well as what you need to bring (blue book, no. 2 pencil, jacket). Having adequate time means you can gather important materials and you won't have to rush to your exam, making you feel less stressed.

### Relax yourself physically

If you notice that you are not thinking well, it could be due to physical anxiety.

Pause for a moment and take several slow, deep breaths. Look away from the test briefly – maybe at the ceiling, the floor, or the clock in the room.

## The day of the exam

### Get your things together

Remember that note you wrote about what you need for the test? Consult your list and check off items as you pack them to take with you.

### Don't dwell on absolutes

Worrying about the grading or the difficulty of questions isn't going to get you far. Try to be positive and think about what you do know.

### Avoid talking about the exam

This can cause you more anxiety, so keep to yourself or try to change the topic if you are chatting with someone.

## During the exam

### Plan your approach

Unless specified, you can take the test in the order you want. Skim through when you get it – if you can – and choose an approach. The order is up to you: starting with an easy question can boost your confidence, but you may want to begin with written response question(s) to give yourself enough time.

### Skip if you get stuck

If you can't think of an answer for a question, mark it and move on. For essay and short answer questions, jot down what you can recall so you don't forget. You might spark your memory during the rest of the test.

### Ask for clarification

Don't hesitate to ask for help from the professor, teaching assistant, or proctor if you are unclear about the instructions, procedure, question wording, etc.

### Focus on the test

It may be tempting to compare your performance to other students. The truth is, however, wondering how other students are doing not only creates more stress but it also wastes your time.



If the room feels chilly, take a second to put on your jacket. It could help you calm down and focus.