



FRET AND FORGET

What to do about TEST ANXIETY:
Types, Symptoms, Strategies

WHAT IT IS

- Test anxiety is a type of **performance anxiety** — a feeling you might have in a situation where performance really counts or when the pressure's on to do well.
- It can be



COGNITIVE



EMOTIONAL



BEHAVIORAL



PHYSIOLOGICAL.

COGNITIVE

- This includes all of the thoughts that run through your mind before, during, and after the test:
- “I have to get an A on this test.”
- “I am a failure.”
- “Who am I trying to fool? There’s no way I’m going to do well.”



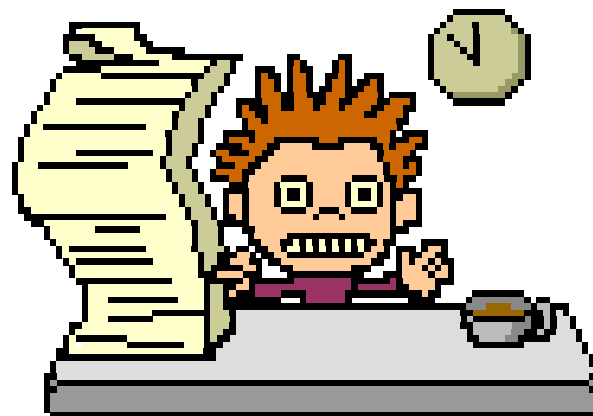
EMOTIONAL

- This includes the FEELINGS you experience related to the (test) event:
- I feel embarrassed, disappointed, angry, tense, frustrated, irritable, frustrated, overwhelmed.
- I want to cry!



BEHAVIORAL

- Your body moves differently or you do things differently when you're stressed:
- Fidgeting, drumming your fingers on the desk, running your fingers through your hair, biting your nails, pacing.

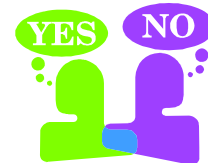


PHYSIOLOGICAL

- Your body responds to stress and anxiety:
- Increased sweating, dry mouth, diarrhea, increased urination, increased heart rate, shallow breathing.
- I have a terrible headache!
- I'm sick!



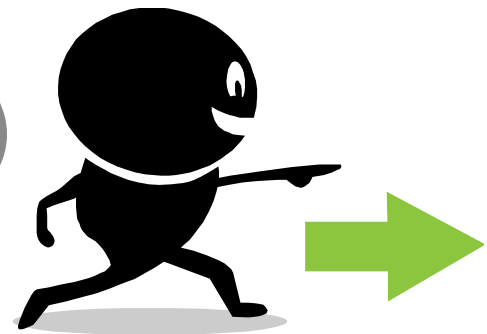
HOW DO I KNOW IF I HAVE TEST ANXIETY?



- You could have test anxiety if you answer YES to four or more of the following:
 1. I have a hard time getting started studying for a test.
 2. When studying for a test, I find many things that distract me.
 3. I expect to do poorly on a test no matter how much or how hard I study.
 4. When taking a test, I experience physical discomfort such as sweaty palms, an upset stomach, a headache, difficulty breathing, and tension in my muscles.
 5. When taking a test, I find it difficult to understand the directions and questions.
 6. When taking a test, I have difficulty organizing my thoughts.
 7. When taking a test, I often "draw a blank."
 8. When taking a test, I find my mind wandering to other things.
 9. I usually score lower on a test than I do on assignments and papers.
 10. After a test, I remember information I couldn't recall during the test.

What can you do to control test anxiety?

TIPS FOR TAT
(Test Anxiety Traits)



Approach the exam with confidence:

I CAN DO THIS!



- Be prepared!
- Learn your material thoroughly and organize what materials you will need for the test.
- Use a checklist.
- Include as much self-testing in your review as possible.
- Stop Thinking if you find that you are worrying a lot, comparing yourself to others, thinking about what someone will say about your performance.
- Think about doing well, not failing!



IS MY HEAD ON STRAIGHT?

- Visualize – and make it a good story!
- Verbalize – and make it a strong statement!
- Avoid speaking with fellow students who have not prepared and who will be negative messengers to your brain.
- Avoid “doom and gloom” thoughts – and people!
- Expect some anxiety – but manage it!

BE WELL, DO WELL

- Maintain a **healthy lifestyle**.
- Get enough sleep, good nutrition, exercise, some personal "down" time.
- Eat a light and nutritious meal before the test.
- Do you! Have some fun and enjoy life. You'll have an overall better attitude about most things!





BINS AND BOXES

(ORGANIZE!)



- Before you go to bed on the night before the exam, **organize anything that you will need** for the exam -- pen, pencil, ruler, eraser, calculator, etc.
- Double check the time of the exam and the location.
- Set the alarm clock and then get a **good night's sleep** before the exam.
- Get to the **exam on time** - not too late but not too early.



Heeere's.....Johnny!

(Test Day My Way)

- Sit in a **location** in the exam room where you will be distracted as little as possible.
- As the papers are distributed, **calm yourself** by taking some slow deep breaths.
- Make sure to **carefully read any instructions** on the exam. Skim the entire exam so that you can budget your time.
- As you work on the exam, **focus only on the exam**, not on what other students are doing or on thinking about past exams or future goals.
- If you feel very anxious in the exam, take a few minutes to **calm yourself**.
- Stretch your arms and legs and then relax them again.

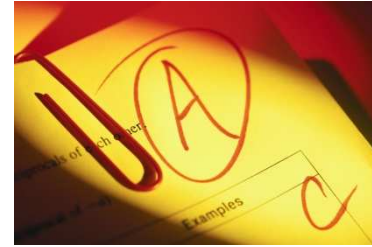


Look at me...I'm testing...

- Do some positive internal self-talk; say to yourself, "I will be OK, I can do this."
- If you run into a difficult area, just focus and do your best. Don't panic even if you find the test difficult. It's a test, remember?
- You can't know what you don't know. Knowing what you do know will probably be enough to get you a reasonable grade...and you might surprise yourself with how well your brain responds!
- **BREATHE!** You're doing it!



GOOD JOB!



- Treat yourself when the exam is over.
- Celebrate your accomplishment.
- Once you finish the test and hand it in, forget about it temporarily. There is nothing more you can do until the graded test is returned to you. Turn your attention and effort to new assignments and tests.
- When the graded test is returned to you, analyze it to see how you could have done better.
- Learn from your mistakes and from what you did well.