

# Test Anxiety

Students who experience testing anxiety typically feel a variety of physiological (stomach aches), psychological (inability to concentrate on the test), and emotional symptoms (overwhelmed, helpless, upset) before, during, and after an exam. Luckily, there are several ways you can decrease your test anxiety!

*Reflection: What signs of anxiety do you experience when taking an exam? When do you typically notice these signs? What are the ways you go about controlling these signs of anxiety?*

**Physiological:** maintain a healthy lifestyle by sleeping 7- 9 hours every night, exercising regularly, and eating healthy foods.

**Psychological:** prepare for the test in advance. When you study in advance, you will be more confident and less worried about the material on the exam. This also gives you enough time to evaluate topics you need to spend more time on, or get some help with.

**Emotional:** put your test into perspective. This one test will not make or break your future. Try visualizing yourself succeeding on the exam.

## Things to do before the test to minimize anxiety

**Study.** The more you study and feel comfortable with the material, the more comfortable you will be when you actually take the test. Start studying early!

**Sleep.** Try to get your regular 7- 9 hours of sleep.

**Eat.** Eating whole grains (oatmeal, toast, cereals), fruits, vegetables, peanut butter, almonds, eggs, or yogurt have proven to help minimize testing anxiety. **TIP:** Bring a water bottle to use during the test, and a snack to eat after the test!

**Approach the exam confidently.** Remind yourself that this is just one test, and that you have prepared the best that you could.

## Things to do during the test

**Dump.** Before you begin writing your answers down, do an “info dump” and jot down facts, acronyms, or key words that you studied. This is an especially good tip if you are worried you will forget important information.

**Read.** Read the directions very carefully so you don’t miss anything, and check all of the multiple choice options.

**Budget your time.** Determine how much time you should spend initially taking the test, returning to the tough questions, and reviewing your answers at the end.

**Skip.** Skip over the tough questions and go back to them at the end.

**Relax.** If you feel yourself becoming overwhelmed, take a deep breath and remember that this is just one test on one day.