Managing Test Anxiety

How do you know if you have text anxiety?

	Yes	No
I do not sleep well the night before a test	☐	☐
I get sick if I eat anything before a test	☐	☐
I am always afraid that I will run out of time	☐	☐
I check the time constantly; noises bother me	☐	☐
I see the test as a measure of my worth as a student	☐	☐
I get easily frustrated during the test	☐	☐
I have a negative attitude about the test	☐	☐
I think about not taking the test	☐	☐

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Before the Test
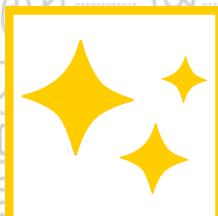
Positive
Use positive self-talk

Time
Give yourself enough time to review material

Sleep
Get a good nights sleep
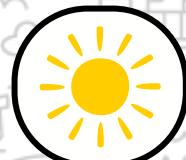
Day of Test

Breakfast
Eat a healthy breakfast. Fruits and vegetables help reduce stress. Proteins help sustain you, carbs will not.

Read Directions
Read the directions carefully. If you blank on a question, skip it and come back to it.

Take your time
There is no reward for finishing the test first. so use the entire time. Use extra time you have to verify your answers.