IOWA | Tutor Iowa

Managing Test Anxiety

How do you know if you have text anxiety?

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

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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.