

## Dealing With Test Anxiety

### Most students experience some level of anxiety during an exam

However, when anxiety affects exam performance it has become a problem.

### General preparation/building confidence:

Review your personal situation and skills

Academic counselors can help you in these areas, or refer to our Guides on the topic:

- Developing good **study habits and strategies**
- **Managing time**  
(dealing with procrastination, distractions, laziness)
- Organizing material to be studied and learned  
Take a step by step approach to build a strategy and not get overwhelmed
- Outside pressures  
success/failure consequences (grades, graduation), peer pressure, competitiveness, etc.
- Reviewing your past performance on tests  
to improve and learn from experience

### Test preparation to reduce anxiety:

- Approach the exam with confidence:  
Use whatever strategies you can to personalize success: visualization, logic, talking to yourself, practice, team work, journaling, etc.  
View the exam as an opportunity to show how much you've studied and to receive a reward for the studying you've done
- Be prepared!  
Learn your material thoroughly and organize what materials you will need for the test.  
Use a checklist
- Choose a comfortable location for taking the test  
with good lighting and minimal distractions
- Allow yourself plenty of time,  
especially to do things you need to do before the test and still get there a little early
- Avoid thinking you need to cram just before
- Strive for a relaxed state of concentration  
Avoid speaking with any fellow students who have not prepared, who express negativity, who will distract your preparation
- A program of exercise  
is said to sharpen the mind
- Get a good night's sleep  
the night before the exam
- Don't go to the exam with an empty stomach  
Fresh fruits and vegetables are often recommended to reduce stress.  
Stressful foods can include processed foods, artificial sweeteners, carbonated soft drinks, chocolate, eggs, fried foods, junk foods, pork, red meat, sugar, white flour products, chips and similar snack foods, foods containing preservatives or heavy spices
- Take a small snack, or some other nourishment  
to help take your mind off of your anxiety.  
Avoid high sugar content (candy) which may aggravate your condition

### **During the test:**

- Read the directions carefully
- Budget your test taking time
- Change positions to help you relax
- If you go blank, skip the question and go on
- If you're taking an essay test and you go blank on the whole test, pick a question and start writing. It may trigger the answer in your mind
- Don't panic when students start handing in their papers. There's no reward for being the first done

### **If you find yourself tensing and getting anxious during the test**

- Relax; you are in control.  
Take slow, deep breaths
- Don't think about the fear  
Pause: think about the next step and keep on task, step by step
- Use positive reinforcement for yourself:  
Acknowledge that you have done, and are doing, your best
- Expect *some* anxiety  
It's a reminder that you want to do your best and can provide energy  
Just keep it manageable
- Realize that anxiety can be a "habit"  
and that it takes practice to use it as a tool to succeed

### **After the test, review how you did**

- List what worked, and hold onto these strategies  
It does not matter how small the items are: they are building blocks to success
- List what did not work for improvement
- Celebrate that you are on the road to overcoming this obstacle

### **Check out local centers and resources in your school for assistance!**