

Test taking can be overwhelming and can cause a lot of anxiety. Try these tips to ease your anxiety through the testing process!

Before

- ✓ Approach the exam with confidence
- ✓ Be prepared
- ✓ Choose a comfortable location for taking the test
- ✓ Allow yourself plenty of time
- ✓ Avoid thinking you need to cram just before, strive for a relaxed state of concentration
- ✓ 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)
- ✓ Take a small snack, or some other nourishment to help take your mind off of your anxiety
- ✓ Avoid speaking with any fellow students who have not prepared, who express negativity, or who will distract your preparation

During

- ✓ Read the directions carefully
- ✓ Budget your test taking time
- ✓ Change positions to help you relax
- ✓ Pop a peppermint as the scent can help with alertness & performance
- ✓ Expect some anxiety
- ✓ Control your anxiety with relaxation and breathing techniques
- ✓ If you go blank, skip the question and go on
- ✓ Take a break outside the room if need be (and allowed)
- ✓ Don't panic when students start handing in their papers - there's no reward for finishing first

After

- ✓ Once you are finished, stop thinking about the test and move on
- ✓ Don't talk to anyone right after the test to "rehash" it
- ✓ Reward yourself for studying hard and completing the test
- ✓ Learn from your mistakes on the returned test and be sure to correct them for next time, but do not dwell on your mistakes

Types of Test Anxiety
Somatic: what you are feeling
Cognitive: what you are
thinking



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"They call them standardized tests because being terrified to take them is the standard."

Causes of Test Anxiety

- Test anxiety is a learned behavior.
- The association of grades and personal worth causes test anxiety.
- Test anxiety can come from a feeling of a lack of control.
- Test anxiety can be caused by timed tests and the fear of not finishing the test, even if one can do all the problems.

Myths of Test Anxiety

- Students are born with test anxiety.
- Test anxiety cannot be reduced.
- Any level of test anxiety is bad.
- All students who are not prepared have test anxiety.
- Students who are well prepared will not have test anxiety.
- Very intelligent students and students taking high-level courses do not have test anxiety.
- Attending class and doing homework should reduce all test anxiety.
- Being told to relax during a test will make you relaxed.
- Reducing test anxiety will guarantee better grades.

Seek counseling if these tips and strategies don't seem to alleviate your test anxiety.

Adapted from: http://www.wvup.edu/academics/more_test_anxiety_tips.htm