

TEST



ANXIETY

WHAT DOES TEST ANXIETY FEEL LIKE?

- Physical symptoms:
 - Dry Mouth
 - Faintness
 - Feeling too hot/cold
 - Headaches
 - Nausea
 - Shortness of breath
 - Sweaty palms
- Emotional symptoms:
 - Crying easily
 - Getting frustrated quickly
 - Irritable
 - Mind goes blank
 - Overwhelmed
 - Racing thoughts

HOW YOU DO TO CONTROL TEST ANXIETY?

- Be well prepared for the test- **STUDY!**
- **Think positively**, e.g., "I got this! I've studied and I know my stuff."
- Before you go to bed on the night before the exam, **organize anything that you will need for the exam** -- pen, pencil, ruler, eraser, calculator, etc. Double check the time of the exam and the location.
- Set the alarm clock and then **get a good night's sleep before the exam.**
- **Get to the exam on time** - not too late but not too early.
- If this will make you more anxious, **be cautious** about talking to other students about the exam material just before going into the exam
- Sit in a location in the exam room where you will be **distracted as little as possible.**
- As the papers are distributed, **calm yourself by taking some slow deep breaths.**
- Make sure to **carefully read any instructions** on the exam.
- As you work on the exam, **focus only on the exam**, not on what other students are doing or on thinking about past exams or future goals.
- If you feel very anxious in the exam, **take a few minutes to calm yourself.** Stretch your arms and legs and then relax them again. Do this a couple of times. Take a few slow deep breaths. Do some positive internal self-talk; say to yourself, "I will be OK, I can do this."
- If the exam is more difficult than you anticipated, **try to focus and just do your best.** It might be enough to get you through with a reasonable grade.
- **Treat yourself!** Starbucks? A Nap? Whatever you need to reward yourself for a job well done!