

Test Anxiety

Anxiety is an internal feeling of dread when there is no tangible threat.

Test anxiety is a form of anxiety that is specific to testing and evaluation circumstance.

The **symptoms** of text anxiety can be

- physical (e.g., headache, rapid heartbeat),
- emotional (e.g., anger, depression), or
- cognitive (e.g., going blank, difficulty concentrating)

These symptoms can lead to a test anxiety cycle, and can continue to increase test anxiety:



Make PEACE with Test Anxiety

Prepare

- Develop good study habits.
- Review some everyday. No cramming.
- Manage your time well.
- Ask for help when you don't understand or you don't have the skills.
- Improve your test taking skills.
- Attend class regularly.
- Write and answer practice questions.

Eat right and exercise

- Get adequate rest.
- Move.
- Eat well.
- Hydrate.

Attitude

- Develop reasonable expectations.
- Avoid irrational thoughts about catastrophic results.
- Reward yourself for dedicated study habits.
- Be your own cheerleader with positive self-talk.

Control the fear

- Understand the underlying cause of test anxiety is the fear of failure.
- Change: *I can't do it* **to** *I can do it!*
- Change: *I'm stupid* **to** *I'm smart!*
- Change: *I don't know* **to** *I know!*

Ease

- Use positive self-talk.
- Use relaxation techniques, such as deep breathing or visualization.
- Don't arrive too early!
- Don't get distracted by others.