

Test Anxiety



If any of the following statements sound like you, you may be experiencing test anxiety:

- ❖ *Are you aware of being really nervous on a test? Maybe so nervous that you don't do your best and you lose points, even though you know you've prepared and studied well?*
- ❖ *Does your stomach ever get tight or upset before or during a test? Do your hands get cold and sweaty? Maybe you even get headaches? Do you have trouble sleeping the night before?*
- ❖ *Do you ever find your mind racing, or get "muddy," so that you can't think clearly when taking a test?*
- ❖ *Do you ever forget material you studied and learned, only to remember it again after the test is over?*
- ❖ *Do you "overanalyze" questions, see too many possibilities, choose the complex answer or overlook the simpler one?*

Of course everyone has some anxiety about tests – if you didn't, you wouldn't try! But it has been estimated that as many as 20% of college students may suffer from nervousness that is so severe it affects their grades and their overall quality of life.

Before the Exam

- An exam is your chance to show how much you've studied and learned - it's an opportunity to earn credit for all your preparation!
- Being prepared is the best way to combat test anxiety - organize materials you will need ahead of time and get to the classroom early.
- Avoid discussing the test with other students who have not prepared or who express negativity as they will distract your preparation.

During the Exam

- Read the directions carefully and underline the most important parts.
- If you go blank on a question, skip it and move on to the next one.
- Don't panic if others turn in their tests before you - there is no reward for being the first one done!
- Be sure to budget your time according to the type of test you're taking.

After the Exam

- Complete an Exam Autopsy after you receive your graded exam.
- Understanding what worked for you and where you could improve is a great way to approach future exams.
- You can also speak with your professor regarding your anxiety - they may have other options for you to complete the test.