

Test Anxiety



WHAT IS?
MAIN CAUSES
HOW TO OVERCOME AND REDUCE IT
HELPFUL LINKS



You've participated in class, done all of your homework, studied hard, and you think you have a grip on the material.

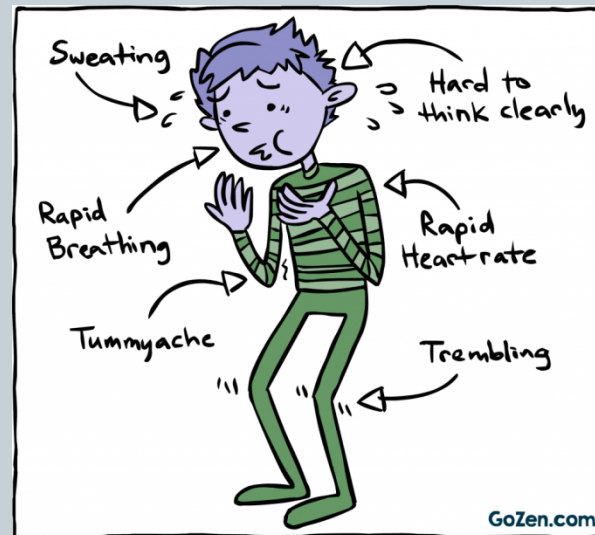
But then the day of the test comes. Suddenly, you blank out, freeze up, zone out, or feel so nervous that you can't get it together to respond to those questions you knew the answers to just last night.

If this sounds like you, you may have a case of test anxiety a that nervous feeling that people sometimes get when they're about to take a test.



What is test anxiety?

Is a physiological condition in which people experience extreme stress, anxiety, and discomfort where performance really counts or when the pressure's on to do well.



Main causes

- Fear of failure
- Lack of preparation
- Poor test history



Overcoming test anxiety



- Be prepared: develop good study habits
- Manage your time: procrastination, distractions, laziness
- Stay focused: concentrate on the tests and read the directions carefully
- Practice relaxation techniques: take deep and slow breaths, stretch and relax your muscles if you feel stressed.
- Block outside pressures: success/failure consequences (grades, graduation), peer pressure, competitiveness.
- Stay healthy: Get enough sleep, eat healthfully, exercise and allow for personal time
- Visit the counseling center
- Stay positive

How to reduce test anxiety



While Studying



- Set up your study goals and take one step at a time to not overwhelm yourself.
- Allow yourself plenty of time to accomplish all the things you have to do before the test.
- Build up confidence by reviewing the material frequently, in small blocks of time each day for several days before a test



Prior the test



- Arrive early so you can sit where you are most comfortable, and avoid people who are anxious and might cause you to doubt your knowledge.
- When you receive the test look it over, read the directions twice, and then organize your time efficiently.
- Don't rush through the test, but work at a comfortable pace and don't worry about how far along your classmates are on the test.



During the test



- Engage in deep breathing for 2-5 minutes. Close your eyes and concentrate on the air going in and out of your lungs
- Tense and relax different muscle groups
- Move onto easier questions if you feel stumped by one; you can go back to it if you have time
- Eat something or chew gum as an anxiety distraction
- Ask the instructor a question if you are not clear about the wording of a question
- Utilize positive self talk

Helpful links



- BCU's Student Support Services

<http://www.briarcliff.edu/academics/student-support/>

- BCU's Academic Peer Mentors

<https://www.briarcliff.edu/student-life/campus-services/academic-support/academic-peer-mentors/>

Sources:



- <http://www.adaa.org/living-with-anxiety/children/test-anxiety>
- <http://www.studygs.net/tstprp8.htm>
- <http://kidshealth.org/en/teens/test-anxiety.html>
- <https://www.k-state.edu/counseling/topics/career/testanxiety.html>