

STUDY TIPS

HOW DO I KNOW IF I HAVE TEST ANXIETY?

You may have test anxiety if you answer YES to four or more of the following:

1. I have a hard time getting started studying for a test.
2. When studying for a test, I find many things that distract me.
3. I expect to do poorly on a test no matter how much or how hard I study.
4. When taking a test, I experience physical discomfort such as sweaty palms, an upset stomach, a headache, difficulty breathing, and tension in my muscles.
5. When taking a test, I find it difficult to understand the directions and questions.
6. When taking a test, I have difficulty organizing my thoughts.
7. When taking a test, I often "draw a blank."
8. When taking a test, I find my mind wandering to other things.
9. I usually score lower on a test than I do on assignments and papers.
10. After a test, I remember information I couldn't recall during the test.



WHAT CAN I DO ABOUT TEST ANXIETY?

Here are some things you can do *before, during, and after* a test to reduce your test anxiety.

- Maintain a positive attitude as you study. Think about doing well, not failing. Think of the test as an opportunity to show how much you have learned.



- Go into the test well rested and well fed. Get enough sleep the night before the test. Eat a light and nutritious meal before the test. Stay away from junk foods.

- Stay relaxed during the test. Taking slow, deep breaths can help. Focus on positive self-statements such as "I can do this." Don't panic even if you find the test difficult.

- Don't worry about other students finishing the test before you do. Take the time that you need to do your best.

- Once you finish the test and hand it in, forget about it temporarily. There is nothing more you can do until the graded test is returned to you. Turn your attention and effort to new assignments and tests.



- When the graded test is returned to you, analyze it to see how you could have done better. Learn from your mistakes and from what you did well. Apply this knowledge when you take the next test.



**You have to know the material to do well on a test.
You have to control test anxiety to show what you know.**

Test Anxiety