

HOW TO MANAGE TEST ANXIETY

SOURCES OF ANXIETY

UNREALISTIC FEARS

Think about why you are nervous. Is it realistic?

An unrealistic fear: My professor and friends won't think I'm smart

A realistic fear

PERFECTIONISM

It is almost impossible to know every detail on an exam. Work on learning the most important concepts and understanding those very well instead of trying to learn every small detail.

BEFORE THE TEST

DON'T LET THE TEST DEFINE YOU

Your performance on this exam does not define your intelligence. It simply evaluates how well you studied and if your test-taking strategies worked.

GIVE YOURSELF PRACTICE TESTS

Use them to practice controlling your anxiety and determining what elements of the test cause the anxiety.

BE HEALTHY

Get enough sleep for several days before the exam to improve your ability to think clearly. Reduce caffeine intake on the day of the test to reduce anxiety.

DURING THE TEST

EXPECT A FEW CURVEBALLS

Don't dwell if you get stuck on a question. Skip it and return to it later or make your best guess. You can miss a few questions and still do well. Don't miss out on the questions you know!

PRACTICE BREATHING

Close your eyes. Breathe in for 7 counts, hold, and breathe out for 7 counts. Continue this until you feel calmer and relaxed. Open your eyes and give positive, specific, self-talk.

DON'T CHANGE YOUR ANSWERS

Don't doubt yourself. If you studied well, you're most likely to pick the correct answer on your first attempt.