TEST ANXIETY

Most students feel some level of anxiety before and during a test. However, it is a problem when the anxiety begins to affect your ability to take a test. This information sheet describes the signs of test anxiety and how to cope.

SIGNS OF TEST ANXIETY IN YOUR HEAD:

- Difficulty with concentration.
- Mind going blank.
- Racing thoughts.
- Negative thoughts, such as thinking about failing and the consequences of failing.
- Negative self-talk, such as calling yourself a failure.
- Comparing yourself to others.
- Knowing the answers before and after the test but not during it.

SIGNS OF TEST ANXIETY IN YOUR BODY:

- Sweating
- Nausea
- Rapid heartbeat
- Tense muscles
- Dizziness
- Headache
- Feeling faint
- Fidgeting

HOW TO COPE WITH TEST ANXIETY:

- Manage your study time and do not procrastinate. Use an organizer or planner to develop a study schedule and stick to it.
- Be on time. Arriving to the test late will increase anxiety.
- Focus on the test and try not to get distracted.
- Expect some anxiety… this is normal. Do not let a little anxiety throw you off your game.
- Develop good study habits and make sure you are well prepared for your tests.
- Read the test instructions carefully before you start.
- Use relaxation techniques during the test, like slow, deep breathing.
- Take a break if you need to and bring a drink, if possible.
- If you need extra support, make an appointment with a school counselor or advisor.