

Test Anxiety

Test anxiety is a common experience for many students!

If you suffer from test-anxiety or are wondering if you have experienced test-anxiety, then the basic explanation offered here may help you determine if you should seek further help.

The feelings associated with test-anxiety are real and sometimes lead to a student's dissatisfaction with his or her performance in a test-taking situation.

Some of the more common causes of test-anxiety are:

- ✓ Concerns about meeting the expectations of others
- ✓ Believing that grades determine a person's value
- ✓ Fear of losing the affection of significant others, family or friends due to a lack of success
- ✓ A sense of helplessness over the events in one's life

More importantly, you can reduce—and even eliminate—the stress and worry that result from test anxiety!!! Here are a few tips:

- Compete only with yourself.
(Set goals to satisfy yourself, not others.)
- Focus on one thing at a time (e.g. give your total attention to the test).
- Be your own cheerleader (Tell yourself, “I will pass this test” or “I’ll do my best”)!)
- Take charge! Know that you are in control.
(Decide to prepare ahead of time and see which study methods work best for you.)
- Learn to relax and recognize when you're becoming anxious.
- Dress comfortably and don't rush yourself (e.g. show up to the test on time).
- Know that grades are NOT the reason people like you.