

# Suggestions for Handling Test Anxiety



## PREPARING FOR THE TEST

- Avoid cramming
- Combine all the information you have been presented throughout the semester and work on mastering the main concepts of the course.
- When studying for the test, ask yourself what questions may be asked and try to answer them by integrating ideas from lectures, notes, texts, and supplementary readings.
- Remember that the most reasonable expectation is to try to show as much of what you know as you can.
- Remind yourself that a test is only a test, there will be others.
- Avoid thinking of yourself in irrational all or nothing terms.
- Develop habits of good nutrition and exercise.
- Follow a moderate pace when studying; vary your work when possible and take breaks when needed.
- Get plenty of sleep the night before the test, when you are overly tired you will not function at your absolute best.
- Once you feel you are adequately prepared for the test, do something relaxing.

## DAY OF TEST

- Begin your day with a moderate breakfast and avoid coffee.
- Try to do something relaxing the hour before the test. Last minute cramming will cloud your mind.
- Avoid classmates who generate anxiety and tend to upset your stability.
- Wear a watch so that you are able to keep track of your time during the test.

## **DURING THE TEST**

- First review the entire test.
- Read directions TWICE.
- Work on the portions you know first.
- If you have difficulty with an item involving a written response, show what knowledge you can.
- If proper terminology evades you, show what you know with your own words.
- For multiple choice questions, read all the options first, then do process of elimination.
- If unsure of the correct response, rely on your intuition and first impression.
- Keep an eye on the time.
- Do not rush through the test. If it appears you will be unable to finish the entire test, concentrate on those portions which you can answer well.
- Recheck your answers only if you have extra time and only if you are not anxious.
- If feeling anxious, take a couple of slow deep breaths, calm your mind, and count to ten. If possible, get up to go to the bathroom, get a drink of water, or sharpen your pencil to relieve anxiety.