

Test Anxiety:

1. Impacts thoughts and feelings
2. Address thoughts:
 - a. Silence negative thoughts by saying “stop”
 - b. Daydream about your friends, wish list, etc
 - c. Visualize success by imagining yourself receiving a good grade, passing, etc
 - d. Focus on the here and now
 - e. Praise yourself for preparation, skills, and accomplishments
 - f. Jumping to conclusions is not a form of exercise
3. Address feelings:
 - a. Breathe (deep inhales and develop mantra – I am at peace)
 - b. Scan your body (touch the muscles in legs/arms; work out the tension and sit up straight, and hold the seat while trying to relax)
 - c. Tense and relax (tense your muscles and then release them)
 - d. Use guided imagery – take a quick fantasy trip
 - e. If allowed, use scrap paper to do a brain dump of information
 - f. Get help if chronic and worries impact you daily
4. Exam behaviors:
 - a. Preparation increase confidence and results: daily, weekly, and major reviews occur independently, in class, and in groups (tutoring or study buddy)
 - b. Good night sleep; avoid all nighters and cramming
 - c. Issues during exams; can ask for a very quick bathroom break. Recognize your physical reaction and intentionally calm yourself through breathing exercises and positive thoughts.
 - d. After exam, review it and talk about it with professor and friends.