

Tackling Test Anxiety

Test Anxiety is a combination of **physical symptoms and emotional reactions** that interfere with your ability to prepare for and perform well on tests.

Symptoms include: nausea, sweat, racing heart | worry, depression, stress | difficulty focusing and learning | study procrastination and avoidance

Remember Your ONE and ONLY GOAL during a test: Demonstrate your knowledge as clearly as possible in the amount of time provided.

The following are NOT your goals during a test:

- To perform perfectly
- To do better than others
- To get into graduate school
- To make your family proud
- **Or anything else you can't control in the moment!**

Tips for Tackling Test Anxiety

<p>STUDY WELL!</p> <ul style="list-style-type: none"> ▪ Start early and use active study strategies. ▪ Re-reading lecture notes or a textbook is NOT enough. 	
<p>IMMEDIATELY BEFORE THE TEST</p> <ul style="list-style-type: none"> ▪ Eat something nutritious to help with focus and attention. Bring water to stay hydrated. ▪ Exercise will also help with focus and attention. ▪ Play calming or familiar music to help you relax. ▪ Arrive to test early enough to find a seat that will help, not hinder your focus (up front? near a window?) ▪ Avoid talking to classmates if it raises your anxiety. ▪ Bring ear plugs if you get distracted by noise 	<p>DURING THE TEST</p> <p>Calm Your Body</p> <ul style="list-style-type: none"> ▪ Breathe deeply from your belly ▪ Tighten various muscle groups, and then relax them ▪ Stand and stretch or shrug shoulders ▪ Close your eyes and count to ten <hr/> <p>Calm Your Emotions and Thoughts</p> <ul style="list-style-type: none"> ▪ Focus only on present moment to help you stay grounded <ul style="list-style-type: none"> ○ EX: "I am sitting at a desk in Carroll Hall. It is 2:00 pm on Tuesday." ▪ Avoid thoughts about the future or past <ul style="list-style-type: none"> ○ EX: "I need an A on this test in order to improve my g.p.a." ○ EX: "I should have done more practice problems." ▪ Replace negative thoughts with positive ones <ul style="list-style-type: none"> ○ "It's okay if I can't answer this question – I can answer another question instead."



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