

Test Taking Anxiety

Feeling Panicky???? Mind Going Blank????

If so, you might be experiencing a common phenomenon called test taking anxiety.

Before the Exam...

- Take deep, slow breaths -In to the count of 4, breathe out to the count of 8.
- Tell yourself what you want to do (pass the test), not what you don't want to do (fail).
- Visualize yourself answering questions correctly and doing well.
- Put things in perspective -- if you fail a test, it's not the end of the world. There will be many other opportunities to do better in the future.
- Avoid **sugar** and **caffeine** to reduce feeling hyper-agitated.
- Get a good night's sleep before your exam.

During the Exam...

- Arrive early so you can sit where you are most comfortable, and avoid people who are anxious and might cause you to doubt your knowledge.
- Glance over all test questions before starting to write answers to any test item. The answers to some of the questions may be somewhere else on the test.
- Strategize how you will pace yourself and work at a comfortable pace. Don't worry how far along other students are on the test.
- Use positive self talk. (e.g., "I am familiar with this material, "This one test doesn't determine my worth," etc.)
- Eat something or chew gum as a distraction from your anxiety.
- Breathe!

And Remember...

Most test anxiety is related to students feeling that they haven't studied enough, so try to avoid waiting until the last minute to study for your tests.

Want more information? Come to The Brain Freeze “Anti-Freeze”!

Enjoy hot cocoa & power bars while you learn 8 great tips to help prevent your mind from going blank during finals!

**Wed., Dec. 13: 2:30p.m.-3:30p.m.
Art Gallery, Paul Robeson Campus Center**