MANAGING TEST ANXIETY

CAUSES

Not being prepared
  • Ineffective study strategies or cramming leads to increased anxiety
Fear of failure
  • People tend to tie their self-worth to a test and if they do poorly, they think they have failed
Poor test history
  • Previous experiences can lead to a negative mindset

SYMPTOMS

Physical Symptoms
  • Headache, nausea, excessive sweating, rapid heart rate, tension
Emotional Symptoms
  • Anger, fear, and helplessness
Behavioral Symptoms
  • Having negative thoughts or difficulty concentrating

SOLUTIONS

• Do not drink caffeine before an exam, because it can increase anxiety symptoms
• Take deep breaths and remember to breathe
• Get enough sleep and eat healthy
• Be prepared
• Maintain a positive attitude
• Remember that a test result isn't a reflection of your intelligence – it's only a reflection of the effectiveness of your study strategies