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, and 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