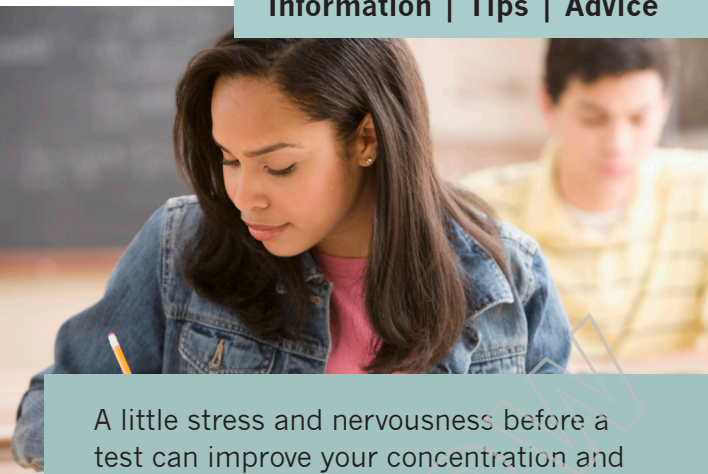


TEST ANXIETY

Information | Tips | Advice



A little stress and nervousness before a test can improve your concentration and alertness.

But if these feelings are so severe that they interfere with your ability to perform well on tests, you may have test anxiety.

What is test anxiety?

Test anxiety is a type of performance anxiety, similar to an athlete feeling extremely nervous before a big game, or an actor getting stage fright in front of a big crowd. When you have test anxiety, you might experience:

- ▶ butterflies in your stomach.
- ▶ heart pounding fast and hard.
- ▶ feeling sick before and during tests.
- ▶ “blanking out” on questions to which you previously knew the answers.
- ▶ an inability to concentrate.
- ▶ feelings of dread or worry.

What can you do about test anxiety?

Here are some tips to help you deal with test anxiety.

- ▶ **Start studying early.** Cramming the night before a test only increases anxiety.
- ▶ **Mentally practice going through the test.** Visualize yourself walking into the classroom, taking the test, and confidently answering the questions.
- ▶ **Use positive self-talk.** Replace irrational and negative thoughts with thoughts that are positive (*I've studied—I can do this*).
- ▶ **Show confidence.** Walk into the room with your head up and your shoulders back. If you act more confident, you just may find that you feel more confident.
- ▶ **Use relaxation techniques.** Take a deep breath. Breathe in, count to four, and breathe out. Repeat.



If you continue to have problems with test anxiety, talk to your counselor.