

TEST ANXIETY

anxiety: a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

Why do people have test anxiety?

Lack of preparedness is the number one cause.

Other causes may be:

- **Worry about how others see you**
- **Not utilizing study skills**
- **Past exam experiences**
- **Past school experiences**
- **Worry about how you see yourself**



Ways to Release Test Anxiety

Use the following study practices to help you cope with your anxiety and stress:

1. **Attend test/exam at least fifteen minutes early.**
2. **Take three deep breathes before studying or taking a test.**
3. **Use positive thinking.**
4. **Believe in yourself and your abilities.**
5. **Relax.**
6. **Start a regular study schedule.**
7. **Stay organized in your coursework.**
8. **Practice test review questions frequently.**
9. **Eat a carbohydrate a half hour before your test.**
10. **Get a good nights rest the days leading up to the test.**

REMEMBER: YOUR GRADE DOES NOT DEPICT YOUR WORTH