



# SUCCESS TIPS

## COPING WITH TEST ANXIETY

### DO YOU HAVE TEST ANXIETY OR TEST WORRY?

- Test Anxiety is a psychological condition experienced by a very small percentage of individuals. Test Anxiety should be confirmed by a licensed counselor.
- Test Worry is the culmination of real or perceived pressure and expectations from yourself or others. Test Worry is often the result of varying degrees of unpreparedness, uncertainty, lack of motivation, and/or concentration difficulties.

### HOW CAN I REDUCE MY TEST ANXIETY AND/OR TEST WORRY?

- Build your confidence in the subject by studying throughout the semester and avoiding cramming the night before the exam. Begin more intense studying at least a week before your exam and keep reviewing the material every day prior to the exam.
- Meet with your professor, TA, or a SmartyCats Tutor to clarify material.
- Ask your professor about the test format or pose any lingering questions you may have – the more you know, the less you'll have to worry about.
- Learn and practice good time management skills and avoid procrastination.
- Generate questions from your textbooks and lecture notes.
- Make charts and outlines to organize the information in your notes and textbooks.
- Use relaxation techniques, for example, taking long deep breaths to relax your body and reduce stress.
- Arrive to your exam early so you don't feel rushed and you can sit wherever you want to. Avoid talking to your classmates – their own anxiety about the exam might add to your stress.
- If you're feeling overwhelmed, take a moment to calm yourself and re-focus.
- Remember what you're there for – to take the test.
- Don't use negative self-talk: avoid thinking that you're going to fail or that you have to get a certain grade. This will only raise your anxiety. Use positive and encouraging self-talk such as "I know the material, I can do this."
- Remember that it's normal to feel a little anxious before a test, just remind yourself to not panic.
- Once you've successfully completed your exam, don't forget to reward yourself.
- You did it!

*For additional help, contact Counseling & Psychological Services, located in 211 Swingle at 406-994-4531.*