Taming Test Anxiety

**Tips to Try Before, During, and After Your Exams**

**YOU ARE NOT ALONE!** Most students experience test anxiety sometime during their college years. Being a little nervous is natural and actually increases your adrenaline output to jump start you. However, knowing a few tricks to keep the anxiety at bay will make testing more manageable.

What does test anxiety feel like?

* Some students experience mainly physical symptoms, such as headaches, nausea, faintness, feeling too hot or too cold, etc.
* Others experience more emotional symptoms, such as crying easily, feeling irritable, or getting frustrated quickly.
* A major problem of test anxiety can be its impact on rational thinking ability; it can cause a person to blank out or have racing thoughts that are difficult to control.

## What can you do to control test anxiety?

## Before the Test

1. **Put things in perspective.** Remind yourself that your entire future doesn't depend on this exam - there will be other exams and other courses. One test doesn’t determine your talents and abilities as a successful student.

2. **Be well prepared for the test to** **increase your confidence.** Ask your instructor for practice tests or additional homework problems. Participate in tutoring sessions. Do an error analysis of your typical mistakes on your homework and quizzes. Work out lots of difficult questions dealing with tough topics in a random order. Create your “memory dump” for use during the test. Double the number of credit hours of your course to determine the weekly number of hours of study time outside of class (3x for math and science).

3. **Remind yourself of past successes.** Think of a challenging course in which you struggled, but eventually succeeded. Tell yourself that if you did well in the past, then you can do well now.

4. **Don’t overlook physical preparation.** The night before the exam, organize everything you will need. Get a good night’s sleep two nights prior to the exam. Watch caffeine, alcohol, nicotine, and sugar intake. Take walks around the block as study breaks. Eat protein and drink water.

5. **Visualize completing the test with ease.** Play the entire "ideal scenario" in your mind -- from the moment you wake up on test day to the moment you finish the exam. Self-fulfilling prophecy does exist! If you dwell on thinking you will “bomb” the test, there’s a chance you will because that thought is consuming you.

6. **Arrive prepared and positive**. Don’t come too early or too late. Avoid talking “gloom and doom” with classmates. Refrain from flipping through your notes/books immediately before the test – take a walk or relax instead 15 minutes prior. Pick a seat that has few distractions – avoid sitting by the door. Bring a snack and some water. Enter class with a smile. Remind yourself that you studied hard and will do your best.

## During the Test

1. **Put into practice helpful test-taking strategies**. Read the directions slowly - twice, circle significant words, do a “memory dump” on the back of a test page, and start with the simplest questions. Doodle/draw if you need to as long as your answers are clear.

2**. Engage in "thought stopping" techniques** if you find that you are worrying, comparing yourself to your peers, or thinking about your ultimate test score. Start in with calming activities.

3. **Practice calming techniques throughout the exam**. If you get overwhelmed, turn your paper over and breathe deeply. Stretch your arms and legs in your seat or get up. Tense and relax muscle groups. Use positive “self-talk”. Daydream and then refocus. Take a drink of water or a bite of your snack. If your instructor permits, leave the room for a moment or clarify a question with her/him/them.

4. **Approach your studying seriously**, but think of the test as a game. Your goal is to collect as many points as you can in the time available. You are in control of the test and the test is not in control of you. It is YOU vs. the TEST and you will win!

**5. Expect a few "curve balls" on the exam.**  When faced with unexpected questions, just relax!  Don’t dwell on a question too long - simply skip it for now and return to it later to make an attempt. Remember that you can miss questions and still get a great grade.

6. **Take one step at a time.** Break your test taking into small, manageable parts. When you finish a portion, give yourself a pat on the back and move to the next portion. Focus on the questions you find the easiest to answer – bounce around – that’s ok!

## After the Test

1. **Reward yourself!** Take a night off with a movie or dinner out with friends, regardless of how well you think you did. At this point, you can’t change your test performance so you need to move forward, not punish yourself, and engage in positive activities. There are more tests to come!

2. **Communicate with your instructor.** Never avoid your instructor and don’t miss the day the test is returned. Let her/him/them know that you experience anxiety – perhaps you will get more suggestions. Bring up ideas of taking your test in a different room, completing a second exam for an average score, or exploring other options to evaluate your knowledge that doesn’t rely solely on testing. Chatting with your instructor will also allow her/him/them to know your desire and intent to do well in the course.

3. **Decide if you need additional academic skills.** It’s reality check time. Think about whether or not you need additional study strategies, memory techniques, time management tips, or tutoring. Your test anxiety could stem from lack of information in these areas.

4**. Select and try one or two new techniques for each test.** Keep track of what helps lower your anxiety and implement into habits for future tests. Throw out what doesn’t work for you and keep what does.



**Dana Kobold | dana.kobold@rrcc.edu | 303.914.6176 | rrcc.edu/fye**

**Handout info researched and created by Dana Kobold, FYE Coordinator (Revised SP 21)**

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