



COUNSELING CENTER

Test Anxiety

Test anxiety is a psychological condition in which people experience extreme distress and fear in testing situations, often resulting in decreased exam performance. It is a form of performance anxiety.

Signs and Symptoms:

- Nausea
- Rapid heart beat
- Sweating, shaking
- Negative or defeating self-talk
- Feelings of helplessness/hopelessness
- Excessive worry
- Racing thoughts
- Difficulty with focus/concentration
- Going blank on exam questions
- Remembering correct answers after the exam is over

Quick coping tips/strategies:

- Be prepared
- Get plenty of sleep
- Exercise
- Use abdominal breathing to help reduce anxiety
- Have a moderate breakfast
- Use positive affirmations
- Allow yourself plenty of time - arrive at the test location early
- Choose a seat where you will not be easily distracted
- Work on the easiest parts of the test first
- Stay in the present moment during the exam
- Take short breaks, tense and relax your muscles throughout your body
- Remember there is no reward for being the first done

To learn more, attend the Tackling Test Anxiety Wellness Workshop!