

Test Anxiety

Causes:

- Lack of preparation
- Cramming the night before the test
- Poor time management
- Unorganized materials
- Worrying about past performance, peers' performance, consequences of a poor grade

Physical Signs

- Perspiration
- Headaches
- Upset stomach
- Tense muscles
- Attitude changes

Effects

- Nervousness
 - Difficulty reading and understanding questions
 - Difficulty organizing thoughts
 - Difficulty remembering major topics, words, and/or concepts
 - Poor results when material is understood
- Mental Block
 - Going blank.
 - Remembering answers after testing is finished.

Reducing Anxiety

- Be well prepared for the test. Know the materials well.
- Learn and practice good time management skills.
- Try to maintain a regular schedule of reviewing materials, eating, sleeping, and relaxing.
- Study throughout the semester instead of trying to learn it all at the last minute.
- Concentrate on the material by creating sample questions from readings; focusing on major topics and creating organized outlines.
- Learn and practice relaxation techniques.