

Test Anxiety

How to feel better and more confident on test day.

Test Anxiety: What is it?

- Fear of test taking
- Fear of failure
- A student's greatest enemy
- The best way to forget everything you've learned in under 60 seconds
- Something that can and will be cured

How to cure test anxiety: Before test day

- Study
 - Read/reread your notes and/or study guide
 - Don't cram
 - Try to study at your own pace
 - Try to study during your most productive hours
 - Take breaks during your study session
 - If you start getting frustrated take a longer break

Before test day (cont.)

- Practice makes perfect
 - Do practice problems
 - Give yourself a simulated test
 - Use flashcards
 - Go through the self-test or chapter test
 - Have someone else test you

Before test day (cont.)

- Remember to give yourself time to rest
- Don't overdo the studying
- Eat a good meal the night before
- Think happy thoughts*
- Make sure you have everything you need for your test
 - Scantrons, pen/pencil, blue book, etc.

Test Day

- Look over your notes
 - Don't try to study again
- Think positive
- Do something relaxing
 - Listen to music, take a walk, rest your eyes, etc.
- If you need to, do some deep breathing or yoga

Test Day (cont.)

- Wear comfortable clothes
- Eat a good breakfast (if you can)
- Laugh
- Keep your mind off the test (if possible)

During the test

- Do the easy problems first
 - This builds confidence
- Breathe!
- Read through the entire test before beginning
 - Some tests are easier than they look
- THINK A+

During the test (cont.)

- Stay focused
- If you don't know the answer just make an "educated guess"
- Don't spend too much time on any one problem
- Don't panic
 - If you feel yourself start to panic just pause, close your eyes and take a deep breath

Tips for multiple choice tests

- Even if you don't know the answer you can:
 - Use process of elimination
 - Make an educated guess
- Read ahead to see if you can find the answer or a hint in a previous question or a later question
- Some professors have patterns in their answers

Tips for short answers

- Short answers are **SHORT** answers
 - Don't feel like you need to write a book
 - Write enough to answer the question but don't write too much
- Putting something is better than putting nothing
- Look for a hint or answer in the rest of the test

Tips for timed writing exams

- Plan your essay before you write
 - Determine how much time you will need to do each step in the writing process
- **MAKE AN OUTLINE**
 - Include the time you will spend on each section
 - Write your thesis
 - Write your supporting ideas
 - Remember that whole sentences are not necessary
 - The better the outline, the easier the essay

Tips for mixed tests

- For tests that are part multiple choice and part essay and/or short answer:
 - Do the part that will take the longest first
 - Make sure you read the whole test before starting
 - Look for hints and answers in the rest of the test
 - Don't spend too much time on any one section
 - give yourself a time limit
