TEST ANXIETY

A little stress and nervousness before a test can improve your concentration and alertness.

But if these feelings are so severe that they interfere with your ability to perform on tests, you may have test anxiety.

What is test anxiety?

Test anxiety is a type of performance anxiety, similar to an athlete feeling extremely nervous before a big game, or an actor getting stage fright in front of a big crowd. When you have test anxiety, you might experience:

▶ Butterflies in your stomach that won't go away

▶ Heart pounding fast and hard

▶ Feeling nauseated before, during, and after a test

▶ An inability to concentrate

How to Reduce Test Anxiety

▶ Start studying early. Cramming the night before a test only increases anxiety.

▶ Mentally practice going through the test. Visualize yourself walking into the classroom, taking the test, and confidently answering the questions.

▶ Use positive "self-talk." Replace irrational and negative thoughts with thoughts that are positive ("I've studied hard – I can do this").

▶ Use relaxation techniques. Take a deep breath. Breathe in, count to four, and breathe out. Repeat.