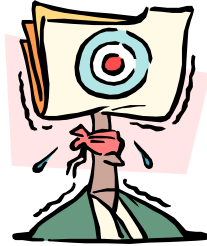


Test Anxiety Information for Health Professions Students
Student Wellness
747-9508



What are some signs of test anxiety?

- Being very nervous before and/or during a test
- Not being able to sleep the night before a test
- Having your anxiety hinder your performance
- Feeling rapid heartbeat, shortness of breath, or other symptoms of anxiety before and/or during a test

Many students feel anxious before or during tests. You are not alone!

What are some causes of test anxiety?

- Negative self-talk which is characterized by predictions of failure or another catastrophic event
- Severe procrastination
- Trying to learn EVERYTHING, instead of sifting through the material to determine what is important
- Putting undue pressure on yourself to perform well on the test

What can I do to reduce stress or anxiety BEFORE the test?

- Divide the material to be covered into manageable units
- Develop a definite study schedule to help with time management and therefore minimize procrastination
- Schedule time for REST, RELAXATION, and RECREATION. Most students feel they do not have time for these, but they will help with your stress level, enhancing your performance. Exercise will do wonders for your mood.
- Before you go to sleep, build in a relaxing activity
- Write down some positive self-statements to read to yourself before the test. For example, “I will do the best I can”, “I have gotten through tests in the past”, etc.
- In general, do not ignore signs of test anxiety- acknowledge and deal with them in some fashion
- We at Student Wellness (747-9508) can help you implement these suggestions! Call for an appointment today!

What can I do the DAY OF the test to help with test anxiety?

- Wear comfortable clothes to the exam.
- Get to the exam room early so you are not rushed, but avoid other students before the exam, whose nervousness can rub off on you.
- Try to sit in the exam room in a spot with few distractions (such as away from the door).
- Skim over the exam after receiving it and plan your approach. Answer easy questions or those that will give you the most points first.
- If you do not know an answer, keep working. By continuing to work, you will distract yourself from your anxiety.
- If you become anxious during the exam, follow these steps: (1) put down your pen or pencil, (2) close your eyes and take a few deep breaths, pushing your stomach out when you breathe in, (3) count slowly from 10 to 1 and allow yourself to feel increasingly calm with each number, (4) when you are calmer, tell yourself how you want to proceed with the test- e.g., “I want to work in quick, systematic, and logical fashion”, (5) Take three more deep breaths, open your eyes, and begin work again
- Review your positive self-statements that you came up with before the exam.
- Plan a reward for yourself for after the exam.

At Student Wellness we have counselors trained to help you with test anxiety. Come see us if you need some help! Call 747-9508 for a confidential free appointment!