

Test Anxiety

CAUSES:

- Poor study habits.
- Inadequate preparation.
- Unrealistic expectations.
- Limited test-taking strategies.
- Pressures that others may exert on you.

SYMPTOMS:

- Headaches
- Nausea
- Sweaty palms
- Perspiration
- Rapid heart beat
- Tense muscles
- Loss of appetite
- Difficulty sleeping
- Difficulty concentrating

OVERCOMING ANXIETY:

- Analyze the cause of your anxiety. Where is it coming from? Is there something you can change to help lessen your anxiety?
- Use POSITIVE self-talk such as “I’m trying as hard as I can.”
- Improve your study methods by practicing good study habits from Day 1.
- Seek outside help from campus resources such as SI, Tutoring, and Academic Coaching.
- Break tasks into smaller, manageable chunks.
- Avoid procrastination.
- Familiarize yourself with the instructor’s expectations.
- Believe that you can do it!

