

TEST ANXIETY TIPS

DEFINITION: Test anxiety is a worry or fear caused by having to take tests.

TEXT ANXIETY MAY CAUSE:

- MENTAL DISTRACTION (easily distracted by temperature, sound, or passerby)
- PHYSICAL SYMPTOMS (quicken heart rate, nausea, sweating, headache)
- MENTAL BLOCKS

EFFECTIVE STUDYING GIVES YOU CONFIDENCE

- Study where there are no interruptions (no TV, phone or friends)
- Don't study when you are overtired. Take a nap and then study.
- SIMPLY JUST STUDY. THEN STUDY AGAIN. AND AGAIN IF NECESSARY.

MAKE THE MOST OF YOUR NOTES

- Take clear and organized notes.
- Set aside some time to review your notes.

DEVELOP A SCHEDULE

- Mark exam dates on a calendar.
- Schedule several short review sessions rather than one or two longer ones.
- Be realistic about how much material you can cover in one session.

PREPARE YOURSELF

- Attend all classes.
- Ask questions and try to pick out the important information.
- Get help if you have a particular problem with the material.
- Again, STUDY, STUDY, STUDY...

BE KIND TO YOURSELF

- Eat and sleep well before the test.
- Do not try to cram or stay up all night, you're likely to be tired and distracted by test time.

YOU CAN CONTROL YOUR TEST ANXIETY!

- PREPARE (STUDY, STUDY, AND STUDY).
- Think positively. For example say; "I will do well on this test!"
- Deal with pressure before it has a chance to build. Get extra help from your teacher early.