

DEPARTMENT OF
RESIDENT LIFE

test

Anxiety

Test Anxiety (TA) is an extreme fear or worry before or while taking a test / exam.

For people with Test Anxiety, the thought or act of taking an exam triggers the body's Fight or Flight Response.

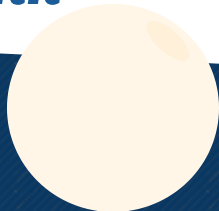


Note: Most students experience some sort of Test Anxiety during exams. When this anxiety negatively effects performance, then it becomes problematic.



Cognitive & Behavioral Symptoms of TA

Mind Going Blank



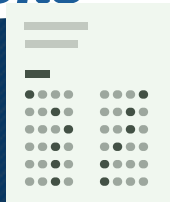
Substance Abuse



Negative Self-Talk



Avoiding Testing Situations



Racing Thoughts



Fidgeting





Physical Symptoms of TA

**Stomach
Pain**

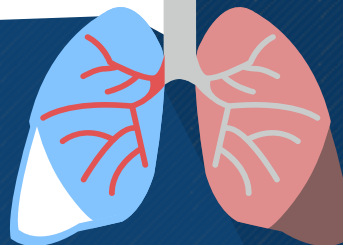


**Nausea /
Diarrhea**



**Headache /
Dizziness**

**Shortness
of Breath**



**Rapid
Heartbeat**



**Panic
Attack**

**Emotional
Symptoms of TA**



FEAR

GUILT

SHAME

ANGER

DISAPPOINTMENT

**FEELING OF
HELPLESSNESS**





Causes of TA

There are many things that can cause Test Anxiety. Everyone is different. Below are some of the most common reasons people experience TA.



***History of
Poor Testing
Outcomes***

***Being
Unprepared***

***Connecting Test
Performance to
Self-Worth***

***Being Afraid of
Failure***





Strategies to Cope with TA



It is important to deal with test anxiety. It probably won't go away if you don't make changes.

Before the Test

- ✓ Prepare early and utilize strategies like spaced repetition and study planning.
- ✓ Visualize the test situation. Start with setting up your environment and end with closing the test screen.
- ✓ Avoid comparing yourself to others and call yourself out if you are engaging in negative self-talk.
- ✓ Your physical health will influence your mental health. Get lots of sleep, stay hydrated, and eat a healthful diet (avoid sugar and processed food).
- ✓ Do not study for 1 hour before the exam. Focus on your breathing and preparing supplies.

During the Test

- ✓ Try to enter your testing space early so you are ready for the test. Establish a positive mental attitude from the beginning.
- ✓ Listen to all of your faculty member's instructions and then read the test directions, twice.
- ✓ Focus on one question at a time. If you get stuck, move on. Circle back when you reach the end.
- ✓ If you have trouble focusing, try to refocus every 5-7 minutes.
- ✓ If you find yourself fidgeting or getting nervous, try deep breathing exercises. Breathe in for 6 seconds through your nose, hold for 6, and breathe out through your mouth for 6 seconds.

If you are finding that you are continually experiencing Test Anxiety, it is a very good idea to seek out help. Make an appointment with the **Counseling Center** or virtually reach out to your Resident Assistant for more resources on campus.