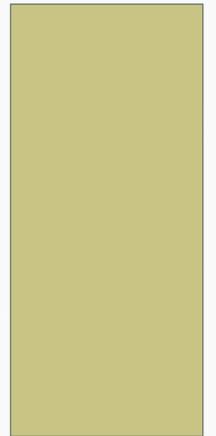




OVERCOMING TEST ANXIETY

NDSCS ACADEMIC SERVICE CENTER



KEY POINTS

- Some test anxiety is good because it keeps you alert and keeps you motivated to study.
- Test anxiety can cause mental symptoms such as inability to concentrate, confusion, mental blocks, panic attacks and difficulty sleeping.
- It can also cause physical symptoms such as hair loss, headaches, asthma, high blood pressure, fainting and nausea.



DEALING WITH MENTAL EFFECTS OF TEST ANXIETY



- Visualize success: be specific about desired outcome and rehearse outcome.
- Mentally yell “Stop!” to break the cycle of worrying about tests.
- Use positive talk such as “I won’t compare myself to others” or “I just need patience and confidence to learn this.”
- Daydream pleasant thoughts and focus on the sights, sounds and textures associated with these thoughts.
- Praise yourself for moving toward an academic goal, small steps at a time.

MORE ON DEALING WITH MENTAL AFFECTS OF TEXT ANXIETY

- When stressed, consider the worst that could happen to see the absurdity of your predictions.
- Imagine being detached from the situation... zoom out and get the larger point of view.
- Gain perspective...will the situation you are stressing over matter in one week, one month, one year, or even ten years?
- Be organized and prepared for an exam to help counteract test anxiety. Don't procrastinate!



COUNTERACTING PHYSICAL EFFECTS OF TEST ANXIETY

- Focus on slow, regular breathing for 2-3 minutes when stressed.
- Scan your body before, during and after a test, focus on specific muscle groups and tense and release those muscles, one group at a time.
- Perform aerobic exercise for 20 minutes between study sessions.
- Eat a healthy diet and set a regular sleep schedule.
- Plan study sessions in advance and avoid cramming before a test.
- Get professional help if symptoms persist!



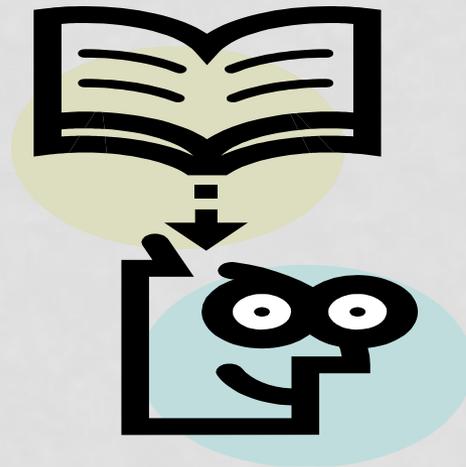
PUTTING TEST TAKING IN THE RIGHT PERSPECTIVE



- Remember that grades often reflect how well you do on tests, so improve your test-taking skills.
- The more tests you take, the less anxiety you should experience about test taking (as long as you feel prepared for the test).
- Test grades do not measure your creativity, intelligence, ability to contribute to society or your self-worth.
- After you have taken a test, be pro-active and learn from the mistakes you made and adjust your studying techniques.

CELEBRATING MISTAKES

- Get mistakes out in the open to fix them.
- Mistakes help a person learn and improve.
- Mistakes encourage cooperative learning.
- Mistakes promote accountability and commitment to planning .



FINAL THOUGHTS

- Find out all you can about the exam.
- Get acquainted with the test site.
- Master your material.
- Maintain a positive attitude!

