Test Anxiety

Causes

* Inadequate preparation:
  Not keeping up with assignments and readings before test. Not studying.

* Negative Self-talk:
  Telling yourself that you are not good enough and that you will not pass your test.

* Physical Tension:
  Tense neck, shoulders, and a headache.

* Inadequate Exercise, Nutrition, Sleep

* Self-Downing:
  Thinking that you must always succeed, and that you always fail.

* Perfectionism:
  Expecting too much from yourself.

* Need for approval:
  Believing that a good grade will gain you acceptance from peers.

Prevention

* Pacing & Planning:
  Keeping up with required readings and assignments and studying for the test.

* Using Realistic & Positive Self-Talk:
  Telling yourself that you are prepared and will pass the test.

* Practicing Deep Relaxation:
  Take time to relax and unwind from a stressful day.

* Adequate Exercise, Nutrition, & Sleep

* Self- Reinforcement:
  Believing that your life is not dependent on your test score and that you will succeed.

* Realizing that life is imperfect

* Accepting Anxiety:
  Taking responsibility for being anxious and knowing that you can overcome it by preparing yourself for the test.

Provided by: The Campus Wellness Center, Meriam Library 141, 898-4697