Test Anxiety Worksheet

1. Reduce anxiety by thoroughly preparing for the test.

2. Study habits
   - Begin studying even if you only have a few minutes
   - Reserve times of high energy and alertness for hard subjects
   - Study in an environment which will allow you to concentrate
   - Deal with distracting ideas while studying by jotting them down on a piece of paper to be reviewed later
   - Follow study time with reinforcement (ex. Study fifty minutes, break ten minutes)
   - Use more spaced than massed (cram sessions) study time.

3. Test preparation – Teach yourself the material instead of rereading it.

4. Establish contact with teacher to reduce “opponent” feeling.

5. Pre-experience in your mind taking test feeling calm and confident (mental rehearsal).

6. Get a restful sleep the night before the test and relax before you take the test.

7. Keep test in perspective—It’s only one test, not the end-all and be-all of your life

8. Go to testing room a few minutes early to avoid “rushed feeling”

9. Taking the test
   - Use slow, deep breathing for a few minutes to relax and focus your mind.
   - Scan the test.
   - Jot down memorized details.
   - Answer questions you know first, and come back to difficult questions.
   - Change negative thoughts to helpful, encouraging ones.
   - Close eyes and relax for a moment if tension builds.
   - Answer “long-shot” items as test time nears end.

10. Be accepting of your best efforts and keep working to improve.