

Do You Have Test-Taking Anxiety?

Test-taking anxiety is worry or fear caused by having to take tests. Test Anxiety can cause mental distraction, physical symptoms like racing heart or nausea, and mental blocks. Test Anxiety can affect your performance on assessments. The pressure to perform well or fear of failure affects us all, even adults.

What Can You Do About Test Anxiety?

Don't let the fear become the only thing you think about. Instead focus on what you have to do to complete your work. Prepare, outline, plan...all these organizational strategies can help you feel ready for your tests.

Try to relax: close your eyes and take deep breaths.

Think positively: try to come up with a more positive thought such as, "I can do this" or "it wasn't as bad as I thought".

Eat healthy foods and exercise regularly.

Get enough sleep, both before a test and regularly. It helps you function at your best every day!

The Counseling Services department presented "[Help! I'm Stressed!](#)" a video presentation, and provided [Stress-Management Techniques](#) to help with Test-Taking Anxiety.

Another video presentation "[Social-Emotional Learning Segment: Managing Stress Effectively](#)" is also available to help with managing stress.

There are even Apps for Relaxing- available on your phone:

- Take a Break
- Mood Kit
- Stop Breathe and Think
- Self-help Anxiety Management

Taking tests is part of attending school. If you are prepared, rested, and use stress-management tips, you can overcome your test-taking anxiety.