



# Test Anxiety

Test Anxiety is a type of performance anxiety related to test taking; similar to anxiety one may have before an important sporting event, speech, or other high-stakes life event. Test anxiety is NOT caused by other stressors in a student's life unrelated to the test (i.e. move, death in family, etc.)

## Symptoms: \*

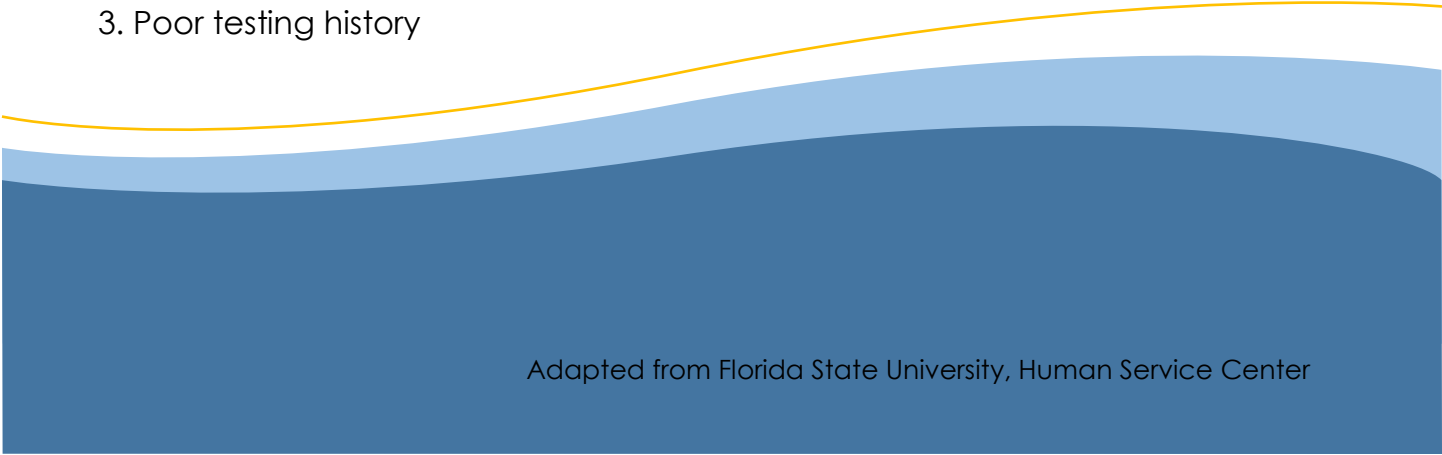
**Physical**– sweating, shaking, butterflies in stomach, increased heart rate, dry mouth, nausea, possible fainting

**Mental**– forgetting studied material, poor concentration, negative self-talk, racing thoughts, catastrophizing thoughts

**Behavioral**– avoidant, fidgeting, sleeplessness, substance abuse

**Emotional**– anger, depression, lower self-esteem, hopelessness

## Causes:

1. Fear of failure
  2. Lack of preparation
  3. Poor testing history
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## Princeton Review's Top 10 Ways to Overcome Test Anxiety

1. **Be prepared**– study, review difficult concepts and possible questions
2. **Sleep well**– good rest will help with mood and energy levels
3. **Fuel up**– a nutritious breakfast will provide a good source of energy throughout the day; avoid foods that can lead to a sugar crash
4. **Arrive early**– the fear of being late will only increase your anxiety the day of the test; prepare everything you need to take the night before
5. **Keep a positive mental attitude**– challenge negative self-talk with positive statements
6. **Read directions and questions carefully**– slow down and stay focused
7. **Just start**– dive into the test after reviewing the instructions; you can always go back and review what you answered
8. **Focus only on yourself**– don't pay attention to what anyone else is doing; it doesn't matter if the first person finishes while you are still working
9. **Watch the clock**– mentally allocate how much time you will need for each question and try to keep that pace
10. **Focus on calm breathing and positive thoughts**– deep breathing can calm racing thoughts and help relax your body, protecting against those anxious feelings

### Resources:

<https://adaa.org/living-with-anxiety/children/test-anxiety>

<https://www.princetonreview.com/college-advice/test-anxiety>

<https://www.verywellmind.com/what-is-test-anxiety-2795368>

<https://kidshealth.org/en/teens/test-anxiety.html>