

ARE YOU TEST ANXIOUS?

Are you aware of being really nervous on a test, maybe so nervous that you don't do your best and you lose points, even though you know you studied and are well prepared?

Does your stomach ever get tight or upset before or during a test? Hands cold and sweaty? Headaches? Do you have trouble sleeping the night before a test?

Do you ever find your mind racing, or dull and "muddy," so that you can't think clearly, while taking a test?

Do you ever forget, during a test, material you studied and learned, maybe only to remember it again later after the test is over?

Do you "overanalyze" questions, see too many possibilities, choose the complex answer and overlook--and miss--the simpler correct one?

Do you make many careless errors on a test?

Have you had some bad experiences with tests...made poor grades when you didn't expect them?

Do you spend a lot of time and energy studying and preparing for tests, yet fail to make grades that represent what you know? Do you lack confidence in yourself as a student because of this?

Are tests and finals a particularly miserable time for you?

"Yes" answers to a number of these questions **suggest** that **you may be test anxious**.

Of course, everyone is anxious about tests; if you weren't, you wouldn't try. A certain amount of tension is good; it acts as a motivator.

But it has been estimated that as many of 20% of college students may suffer from nervousness which is so severe that two things happen: their grades drop, anxiety interferes with their mental processes and keeps them from doing their best, and the quality of their life lessens; then they're miserable.

Most test-takers may benefit from suggestions for ways to keep calm and maintain a productive level of tension while preparing for and taking tests; see the handout "How to Keep Calm During Tests."

If you think you may be test anxious, you are welcome to talk to a SLAC tutor or staff member who will help you diagnose your situation and explain to you possible ways of reducing your test anxiety.

Revised: Spring 2002

Source: LSC, UT-Austin

STUDENT LEARNING ASSISTANCE CENTER (SLAC)

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