

TEST ANXIETY: FREQUENTLY ASKED QUESTIONS

1. *What is test anxiety?*

Test anxiety refers to anxiety in all situations in which a student's educational skills are being evaluated, which ranges from informal questions asked by a professor to formal testing.

2. *Why do I have test anxiety if I study?*

Test anxiety applies to students who have mastered the test material through studying, but nonetheless become irrationally anxious when tested.

3. *What if I just get anxious about writing papers?*

"Writer's block" may also be induced by anxiety. Writing anxiety occurs when high levels of anxiety interfere with a student's ability to finish a writing task that he or she is capable of doing.

4. *Why do I only get anxious when I have to take tests requiring me to do math?*

Math anxiety may develop when a student lacks confidence in his or her ability to perform arithmetic.

5. *How do I deal with test anxiety?*

Anxiety consists of three components: a cognitive component, an emotional component, and a physiological component. Therefore to cope with test anxiety it is crucial to address all three components. Also, it is very important to address anxiety both before the test and during the test.

TIPS FOR MANAGING TEST ANXIETY

Before the exam:

- T**each yourself positive self-talk
- E**xercise or do something you enjoy everyday
- S**upport your beliefs with evidence
- T**alk to others about your feelings

Day of the Exam:

- S**tudy on non-test days
- U**se breathing exercises
- C**ome to the test on time
- C**reate a plan
- E**xecute plan
- S**pend less time checking
- S**top when you are done