

## TEST ANXIETY

Most students experience some anxiety before taking an exam. A little bit of nervousness can be a helpful motivator. However, some students experience test related anxiety to such a degree that it causes poor performance or interferes with normal learning.

Test anxiety can strike in two places, in your head and in your body. Here are some symptoms that might suggest that you have test anxiety:

Signs of test anxiety in your head:

\*Mental blank out      \*Difficulty Concentrating      \*Racing Thoughts

\*Negative thoughts about past performance, consequences of failure and how everyone else is doing.

\*Knowing the answers after the test, but not while taking it.

Signs of test anxiety in your body:

\*Nausea      \*Cramps      \*Faintness      \*Sweating      \*Headache

\*Dry Mouth      \*Increased Breathing Rate      \*Faster Heartbeat      \*Tense Muscles

Adapted from REDUCING TEST ANXIETY: A GUIDE FOR PRAXIS TEST TAKERS,

Educational Testing Service, 2005.