

Conquering Test Anxiety

Here are some things to think about

- One test will **not** "make or break" your Gustavus career. Do not feel your whole future is at stake. One test will not keep you out of graduate school, or from getting a job.
- Put the test **in perspective**. Understand what influence it has on your overall class grade. Realize that it is a measure of how well you know the material on that day.
- **Avoid** having low expectations just because you did poorly on the last test. Put that test **behind** you, and concentrate on **doing your best** on this one.
- Your family and friends will still be there for you, even if you do poorly. Do not add **external** pressures that do not exist.
- Compare yourself only to **you**. Do not worry about how the rest of the class did.

Try these techniques to improve your performance

Get a good night's *sleep* the night before. The benefit of studying after midnight is diminished by taking the test without enough sleep.

*Prepare well for the test. Keep up with your daily work, and add **test review** starting approximately *a week* before the test.*

Avoid talking about the test with your classmates immediately *before* the test. It tends to increase anxiety, and can lead to group paranoia.

Ask for *clarification* from the professor if there is anything unclear on the test.

Use *positive* self talk as you are taking the test. *Congratulate* yourself for answers you are sure of, skip and *go back* to questions that you are unsure of.

Be aware of physical tension. If you are tense, *take a minute to breathe* and *relax* your muscles.