Reduce Test Anxiety

Get in touch with feelings

- Envision a particular test situation
- List your feelings, before, during, and after the test.
- List reasons for these feelings and be specific. For example:
  
  I feel unprepared because I didn’t finish reading the material.
  I feel stupid because I don’t understand the test directions.
  I feel relieved because I completed all the problems.

- List how negative feelings can be eliminated. Use study skills. Examples:
  
  I will schedule enough time for my reading so that I can finish it all.
  I will ask the instructor to explain the test directions.

- List future plans or goals for studying—be specific.
  
  I will study Math for one hour after each class.
  I will study to complete 85% of the problems on my next Math test correctly.

- Evaluate/measure whether those goals were attained.
- List changes that have taken place when goals are/were achieved.
  Examples:
  
  I am prepared for every Math test that I take.
  I feel encouraged about my learning capabilities.

A list of feelings one might use:

Lost    Relieved    Reluctant    Pressured    Curious    Lost
Tense   Smart     Rewarded    Unorganized    Unprepared