

## Test anxiety and ways to reduce it

### Test anxiety

Test anxiety is when a student worries excessively about doing well on a test. This can become a major hindrance on test performance and cause extreme nervousness and memory lapses among other symptoms.

Remember that tests are used to offer you and the educator a way of measuring what you know and still need to learn. Try to stay positive while you are preparing for a test.

### Useful tips to reduce test anxiety

#### Prior to the test:

- Review class material for 15-20 minutes every day during the week (or more) leading up to the test.
- Don't cram for the test by trying to study everything the night before.
- Exercise can help reduce anxiety. Enjoy a brisk walk.
- Get a good night's sleep prior to the test.

#### Once the test is in front of you:

- Take time to read directions carefully.
- Scan the entire test first. This will allow you to determine what you already know and help reduce your anxiety.
- Write a list of formulas and facts in the margin of the test so you won't forget them.
- Skim through the test questions and start with what you know best. This will help you write a better test and allow you to think through harder questions. Remember that complex questions are just simple questions layered together.
- Ask questions if you don't understand the directions.
- If you don't know the answer to a question, skip it, and come back to it later. Many times another question will trigger an answer.
- Do your best and leave no blanks. Always make an honest attempt to answer the questions. Not all questions have to be correct to do well on a test.
- Keep your focus on the test. Don't let your mind wander.
- Don't worry about others finishing faster. Good test takers use the entire time allotted. Just focus on your own test.

## References

Test Taking Tips. (n.d.) Reducing Test Taking Anxiety. Retrieved from: [testtakingtips.com/anxiety](http://testtakingtips.com/anxiety)

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