



# Test Anxiety Worksheet

- 1 Reduce anxiety by thoroughly preparing for the test.
- 2 Study habits
  - Begin studying even if you only have a few minutes
  - Reserve times of high energy and alertness for hard subjects
  - Study in an environment which will allow you to concentrate
  - Deal with distracting ideas while studying by jotting them down on a piece of paper to be reviewed later
  - Follow study time with reinforcement (ex. Study fifty minutes, break ten minutes)
  - Use more spaced than massed (cram sessions) study time.
- 3 Test preparation – Teach yourself the material instead of rereading it.
- 4 Establish contact with teacher to reduce “opponent” feeling.
- 5 Pre-experience in your mind taking test feeling calm and confident (mental rehearsal).
- 6 Get a restful sleep the night before the test and relax before you take the test.
- 7 Keep test in perspective—It’s only one test, not the end-all and be-all of your life
- 8 Go to testing room a few minutes early to avoid “rushed feeling”
- 9 Taking the test
  - Use slow, deep breathing for a few minutes to relax and focus your mind.
  - Scan the test.
  - Jot down memorized details.
  - Answer questions you know first, and come back to difficult questions.
  - Change negative thoughts to helpful, encouraging ones.
  - Close eyes and relax for a moment if tension builds.
  - Answer “long-shot” items as test time nears end.
- 10 Be accepting of your best efforts and keep working to improve.