

Test Anxiety

Most college students experience anxiety when confronted with taking a test. In fact, it might be somewhat worrisome if they did not. For some students, however, the anxiety they feel about tests is above and beyond what most people experience, and their ability to perform well is impaired.

Sufferers of test anxiety feel great apprehension and dread of testing situations. They might have physical symptoms such as increased heart and breathing rates, excess perspiration, "cold and clammy" feelings, poor concentration, and fidgeting or jitteriness. They might also have negative thoughts, such as "Oh, my God, I'm going to bomb this test", or "I am going to flunk out of school." Sometimes, the anxiety is so high that thinking itself is impaired, such that one goes completely "blank." As a result of the very aversive experience of tests, some people avoid them altogether.

Tips For Dealing With Test Anxiety

Prepare Ahead of Time

- Study where you can concentrate without being interrupted.
- Develop a schedule and be realistic about how much you can cover in one session.

- Avoid cramming right before the test.
- Get a good night's sleep before the test
- Do not go to the test on an empty stomach
- Allow yourself plenty of time when traveling to the test

Stay Calm During The Test

- Read the directions carefully
- Budget your test taking time
- If you go blank, skip that question and come back to it later.
- Take slow deep breathes.
- Use positive reinforcement - Acknowledge that you are and have been doing your best.
- Expect some anxiety - It is a reminder that you want to do your best, but remember that you can manage the anxiety.
- Do not panic when students start handing in their papers. There is no reward for being the first student done.
- THINK POSITIVELY

Remember that test anxiety has nothing to do with intelligence and is a very treatable problem. If you feel that your ability to perform well on a test is impaired by test anxiety, help is available at the UM Counseling and Career Center. Contact them by calling 665.6262 or stop by the lower level of Main Hall to make an appointment.

UM COUNSELING & CAREER CENTER

Providing free and confidential **PERSONAL** and **CAREER** counseling services to UM Students.

Call 665.6262 or stop by the lower level of Main Hall



www.montevallo.edu/counselingcenter