UNDERSTANDING TEST *Anxiety*

CAUSES

Apprehension

Apprehension of not living up to other's expectations of you.

Grades

Allowing grades to determine your personal worth

Fear

Fear of losing affection of significant people in your life if you don't succeed.

Control

Feel helpless with no internal locus of control – no control over what happens.

SOLUTIONS

Goals

Set your own goals and try to attain them. Don't let others determine your aspirations.

Guides

Understand that a grade is only an approximate measure of performance. Grades don't determine your worth as a person; they are only a guide to help you determine what you need to review.

Friends

Know that people like you for a variety of reasons which have nothing to do with the grade you receive on a test.

Habits

Take control of your life and improve your study habits. Prepare for your next test and see the relationship between the amount and quality of your studying and the grade you receive.

TIPS to REDUCE ANXIETY

Relax

Muscle relaxation exercises help you control the physical symptoms of test anxiety.

Accept

Face your fears and accept that you have a problem. This way you can eliminate the cause. Define your fear and determine its origin.

Focus

Give total attention to the test. While papers are being passed out, silently review what you have learned. Fight distractions.

Think Positively

Engage in positive self-talk and replace negative thoughts with positive ones.

Improve

Improve the way you prepare for tests.

Learn

Learn to recognize signs that you are becoming anxious and then try relaxation exercises.

Dress

Dress comfortably for tests. Choose layers of loose-fitting clothing.

Normalize

Develop a test-day tradition – like a "lucky" outfit!