

# Test Anxiety



Jessica Heavin, MS, LPC  
Coordinator of Counseling Services, RSU

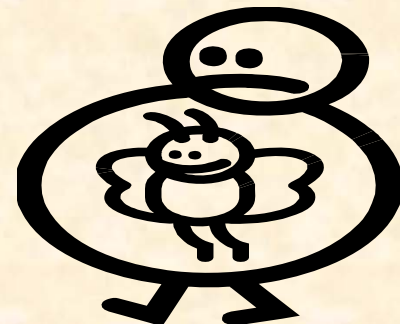
# What is Test Anxiety?

**An overwhelming amount of stress that you experience to the point of near panic before and during a test**



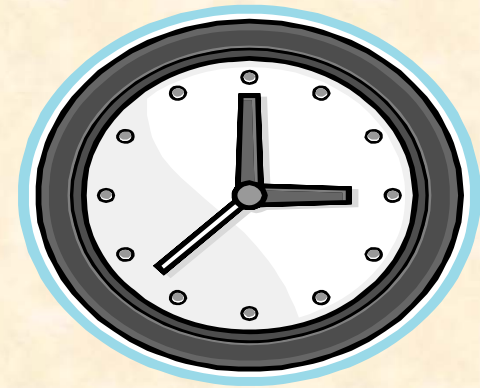
# How does it FEEL?

- Rapid heartbeat
- Shallow breathing
- Perspiration (cold sweat/sweaty palms)
- Can't concentrate or think
- Worried and nervous/negative thinking
- Can't sit still



# Why does this happen?

- Past experiences
- Poor preparation
- Time limits
- You are an anxious worrier already
- Anticipatory anxiety



**What can you do to  
prevent this from  
happening ?**



# Before the exam.....

- You are well prepared.



- You have not partied too heartily the night before.



- You have been getting enough sleep prior to the exam.



- You are NOT thinking that the rest of your life or your *self esteem* depends on this test. You have things in perspective.



- You have NOT been drinking a lot of coffee (or whatever with caffeine) and a ton of sugar prior to the exam.



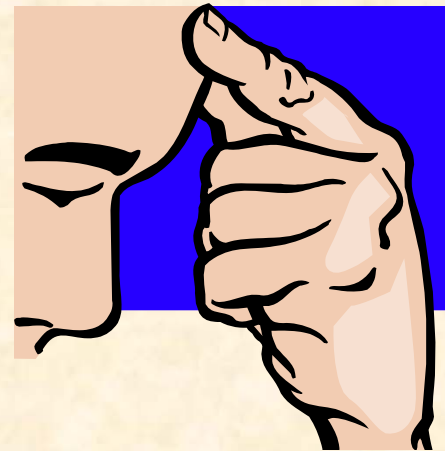
- You have been exercising fairly regularly for the past couple of weeks.



- You have supportive people in your life that you can vent with.



- **AND you are aware of the thoughts that make you more nervous as opposed to the thoughts that help to calm you down.**



**And *MOST*  
importantly....**

- You have been practicing  
slow deep breathing and  
relaxation exercises

•

<http://www.rsu.edu/counseling/resources.asp>



**Eat sensibly the day of  
the exam.**



**Now it's time for the**

***Exam....***

**When you take your seat :**

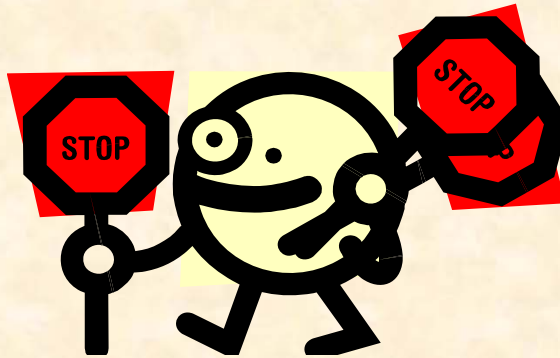
**B R E A T H E**



Think **Only** positive thoughts



# STOP



**any negative thoughts**  
**any “what if” thoughts**

# REMEMBER...

- Don't talk to anyone right before the exam



- Don't listen to anyone's conversations



- **Sit in a place you will be the least distracted**



- **Get to the exam on time.**



**Keep breathing slowly  
and deeply, saying  
something reassuring  
to yourself.**



**Read over the entire  
test first.**



**Carefully read the  
directions and circle  
significant words to  
avoid any  
misunderstanding.**

**Then proceed with the items that come most easily to you.**



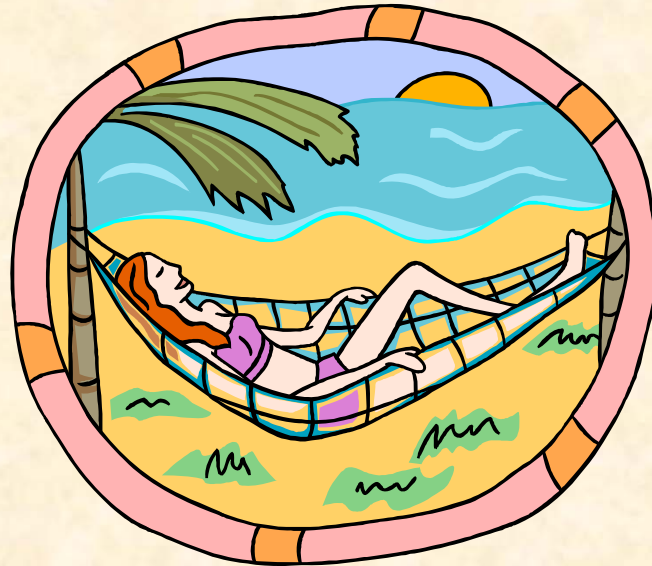
**Keep track of the time.  
Pace yourself.**



**Always pay attention to  
your muscle tension  
and breathing.**

**After finishing the exam,  
check your answers,  
proofread for omissions  
and check for your typical  
mistakes.**

**When you finish, reward yourself. Have fun.....  
until your next exam!!**



# More information and resources:

- No More Test Anxiety by Ed Newman-  
available in the RSU library
- More online resources about test anxiety  
available at  
<http://ccvillage.buffalo.edu/vpc.html>
- To use the relaxation audio file from today,  
go to:  
[http://www.rsu.edu/counseling/resources.a  
sp](http://www.rsu.edu/counseling/resources.asp)

**Questions???**

**Thank you for your time and  
attention!**