

Test Anxiety Tips for Students

For many of us, taking tests can be an anxiety-provoking task. You might worry about how you will do on the test, whether or not you prepared enough, or how your grades will be impacted. These worries are typically short-lived and do not negatively impact day-to-day life. In fact, some anxiety can be a helpful motivator to do well on the test. For some people, however, test anxiety can last a long time, causing significant distress and impairment.



Emotional symptoms

- Low self-esteem
- Doubting intelligence
- Sadness
- Anger/frustration



Physical symptoms

- Shortness of breath
- Heart pounding
- Headaches
- Stomachaches



Cognitive functioning

- Brain fog
- Second-guessing answers
- Memory impairment

Preparing for the test

Study often but for short amounts of time - instead of trying to cram at the last minute!

Get a good night's sleep.

Your brain can work better and faster when it is well rested. Plus your memory of the material will be better if you've slept in between the last time you studied it.

Eat something and drink some water before the test.

During the test

Set time guidelines for yourself.

For example, if the test is two pages of questions, make a note to move on to the second page halfway through the time allowed on the test.

Try a breathing strategy to slow down your breath and heart rate.

Box Breathing and Butterfly Breath are good breathing strategies to use.

Give yourself five minutes at the end to check your work and make sure you answered all the questions.