

# HOW TO OVERCOME TEST ANXIETY

The following information comes from [http://www.coedu.usf.edu/zalaquett/help\\_screens/test\\_anxiety.htm](http://www.coedu.usf.edu/zalaquett/help_screens/test_anxiety.htm)

Most of us experience some level of uneasiness or tension before and/or during a test. A small amount of tension or stress is expected. Sometimes that nervousness works in our favor, motivating us. However, in larger amounts that tension can interfere or even impair our capacity to think, plan, and perform on tests. The following information will help you to cope and overcome test anxiety.

The first question I ask students consulting for test anxiety is whether their anxiety is a result of lack of preparation, or a consequence of overreacting/panicking during testing. Anxiety produced by inadequate preparation is easy to understand, and can be eliminated with appropriate studying.

If you are adequately prepared but still overreact or panic, you are suffering from test anxiety. In this screen, we will review the steps that will help you to overcome its effects. These steps are:

## BEFORE THE TEST

- PREPARATION.** Preparation is a key element for reducing anxiety. The higher your level of preparation, the lower your level of anxiety. Moreover, getting ready for your test, increases your self- confidence.
- NO CRAMMING.** Avoid cramming for a test. This is an ineffective way of studying. If you cram the night before you might be able to pass some parts of your test, but you will remember nothing afterwards (and in most cases that information will be included in your final.) Trying to learn weeks worth of material the day before the test does not work either. Usually this is not a good time to learn much because you feel anxious. You feel pressured, and probably guilty, for studying at the last minute, therefore you cannot concentrate very well. Please do not tell me that when you study ahead of time you do worse than when you study the day before. Years of research on how to study are against you! If this happens to you it is because you are either, studying in advance without learning, or you have developed the negative habit of learning under pressure. Both are ineffective ways of learning, and both can easily create anxiety.
- REVIEW ALL THE INFORMATION.** Study from your book, notebook, and any other materials used class.





