Dealing with Test Anxiety

It’s completely normal to experience anxiety at some time or another – we all do. And while we may not enjoy feeling anxious, a little bit of anxiety can be beneficial. A little bit of anxiety helps to keep you motivated, focused and alert. However, too much anxiety may interfere with your ability to study, learn, remember things and perform well when taking tests. Too much anxiety about taking tests is referred to as test anxiety.

The following are a few tips for dealing with too much test anxiety:

Develop good study habits. Good study habits will not only prepare you to address test material but they will also provide you with confidence that will help to reduce unhealthy test anxiety.

Be prepared. Being totally prepared for a test is the most important thing you can do to reduce anxiety. Knowing that you know the material on the test will provide you the confidence you need to overcome anxiety and the ability to perform. You've got good reason to be overly anxious if you go into a test unprepared.

Don't cram! Cramming for tests can leads to test anxiety. If you'll prepare for your test ahead of time you'll be able to reduce a lot of test anxiety associated with last minute cramming.

Get adequate exercise. Getting adequate exercise and staying in shape is believed to help sharpen the mind.

Get plenty of sleep. Getting a good night's sleep before an exam can help reduce test anxiety dramatically. Conversely, not getting a good nights rest before an exam will make you tired while taking an exam and will lead to increased test anxiety.

Get plenty to eat. Don't take an exam on an empty stomach. It’s quite common not to want to eat before an exam due to anxiety. However, if you'll get a good meal before taking an exam you'll experience less anxiety and you're mind will be keener.

Stay positive. Don't focus on failing the test. Focus on acing the test and you probably will. Thinking about what might happen if you fail will lead to unnecessary anxiety and just might become a self fulfilling prophecy.

Focus on the learning experience Don't think of a test as the final judgment. Rather view each test as a learning experience and you'll get much less stressed out.

Stay relaxed Take slow, deep breaths and stay in control.

http://www.educationatlas.com/test-anxiety.html