

# TEST TAKING ANXIETY

- ❖ Test anxiety is a fear of taking test.
- ❖ Test anxiety is a learned behavior developed by having emotional responses from previous test.
- ❖ Test anxiety can decrease your ability to perform well on tests.
- ❖ Test anxiety can block your memory and give an urgency to finish the test before checking all answers.
- ❖ Test anxiety can be reduced by practicing relaxation exercises such as taking deep breaths or squeezing your fist tight and relaxing your hand five or six times.
- ❖ Test anxiety can also be reduced by positive self-talk. Admit to yourself that you are nervous. Repeat to yourself positive messages such as "I can do this" until you feel relaxed.
- ❖ Test anxiety happens to all types of students. Even the very intelligent or most prepared student may feel anxious.
- ❖ Test anxiety is not bad as long as you keep it under control. Actually, a small amount of stress can keep you focused and attentive.