



TEST ANXIETY

Strategies to Handle Test Anxiety

OVERVIEW

What is test anxiety?

Positive verses negative thoughts

Three stages of test anxiety

Exercise and test anxiety

Balanced diet with test anxiety

POP procedure

Myth verses Reality

Questions to ask yourself

Test yourself

WHAT IS TEST ANXIETY?

A fear of failing that you feel before or while taking an important examination. A state of uneasiness and distress that often lowers performance.

POSITIVE VS NEGATIVE THOUGHTS

Positive Thoughts

I definitely have a better study plan for this test.

This test is designed for me to show my skills and exactly how much I know.

I'm going to pass this test, but if I don't I will do even better on the next exam.

Negative Thoughts

If I do not pass this test I am a failure.

The test will have trick questions.

I do not test well at all.

THREE STAGES OF TEST ANXIETY 1

Before

Take good lecture notes

Review your notes after class

Test yourself on the material

Review with a group

THREE STAGES OF TEST ANXIETY 2

During Testing

Take slow deep breaths

Read the directions carefully

Manage your time for the test

Skip questions if you go blank and come back to them later

Do not panic when others start turning in their test

Manage your anxiety

THREE STAGES OF TEST ANXIETY 3

After Testing

Review yourself

List what technique worked

List what technique did not work

**Celebrate your success on overcoming this
obstacle**



POP PROCEDURE

Prepare

Organize

Practice



BE PREPARED

Organize all Materials Needed

Learn Your Material Thoroughly

Use A Checklist



CHOOSE A COMFORTABLE LOCATION

Minimal Distractions

Good Lighting

APPROACH THE EXAM WITH CONFIDENCE

Use your personalized strategies to conquer success.

Visualization

Logic

Practice

Team Work

Journaling

View your exam as an opportunity to show how much time you have spent studying.

EXERCISE AND ANXIETY

Deep Breathing

Palming

Positive Self Talk

Cue Controlled Relaxation

BALANCED DIET AND ANXIETY

Fresh Fruit

Fresh Vegetables

Toast with Peanut Butter

Tuna

Fresh Salad

Lean Chicken Breast

FOODS TO AVOID BEFORE TESTING

Caffeine

Sugar

Alcohol

High Fat and Sodium

Processed Foods

Fried Foods

Chocolate



MYTH OR REALITY 1

Test questions are written to test how well you take standardized test.

The first question is always a trick question.

MYTH OR REALITY 2

The same answer choice never appears three times in a row.

Tests are designed so that most test takers will have enough time to answer every question

MYTH OR REALITY 3

Tests are full of biased questions.

Every question is written to test a specific skill or piece of knowledge.

No question is ever written to throw you off.

QUESTIONS TO ASK YOURSELF

What relaxation method will I use?

What time will I go to bed prior to the test?

What exercise method will I practice?

What healthy snack will I eat?

What reward will you provide yourself for your good efforts?

TEST YOURSELF

What are three healthy foods you can eat prior to testing?

What is Palming?

What does the acronym POP stand for?

How much sleep should you get prior to test taking?

Name two foods you should avoid prior to testing.


What are three stages of test anxiety?

What does the letter O stand for in the POP procedure?

Is the statement “I do not test well” a positive or a negative thought?

What is the term for high fatty foods that interfere with test performance and weigh you down mentally and physically?

Name something you learned from this workshop?



THE END