

4 Methods for Handling Test Anxiety

There are several strategies to help deal with and overcome test anxiety. If your anxiety is a constant issue or escalates to a higher level, it may be beneficial to speak with a counselor. CUW offers free counseling services to students. Dave Enters (262-243-4211, AL 111) and Anne Spahr (262-243-4456) can assist you with long-term coping methods for anxiety.

Prepare

1

- Start preparing for a test 1 - 2 weeks before to build your confidence.
- Organize materials you may need for the test.
- Get to the testing site with enough time to find a seat you prefer.

Have a Positive Attitude

2

- Test scores do not determine your self-worth.
- Use the test as an *opportunity* to show how hard you have worked.
- Avoid speaking with classmates who are unprepared or express negativity.

Stay Healthy

3

- Develop good sleeping habits - *try* to get 8 hours per night.
- Start (or continue) an exercise program.
- Eat right! Get your fruits and veggies, and AVOID processed food, carbonated soft drinks, caffeine, fried food, sugar, chips, and similar foods containing preservatives.
- Take time for yourself! Read a book for leisure, spend time with friends/family, watch your favorite show, go for a walk - something that makes you happy 😊

During the Test

4

- Read the directions *carefully*.
- If necessary, count to 10 and take slow, deep breaths.
- Stay on task - think about the next step (don't let your fear distract you).
- Skip questions you do not know and come back to them later.
- If it is a multi-format exam, do the section you are "best" at first to build your confidence.
- It is expected that you will have *some* anxiety - it keeps you determined and gives you energy!



