Reducing Test Taking Anxiety

It is possible for students with test anxiety to get themselves so worked up that they cannot think clearly. The brain is like a computer in that it contains a great deal of information. This information is useless, however, if you are not able to "access" it when you need it. Having test anxiety is like not having the password for your computer. The information is there, but you cannot get to it.

To reduce test anxiety, study enough to feel confident that you know the material. Then try to replace the worry and negative thinking with thoughts that are positive and relaxing.

Test Taking Tips:

Start studying early. The night before a test review the materials and get a good nights' sleep. Cramming only increases test anxiety.

Mentally practice going through the testing experience. Close your eyes and see yourself calmly and confidently walking into the test.

Walk into the test with your head up and with your shoulders back. How you act can definitely affect how you feel. If you act confident, you may just find that you feel more confident.