

Test Anxiety Reduction

PSYCHOLOGICAL SIGNS OF TEST ANXIETY

- Mentally blanking out during the test
- Racing thoughts
- Difficulty concentrating
- Negative thoughts about, past performance, consequences of failure, how everyone else is doing
- Knowing the answers after the test, but not while taking it.

PHYSICAL SIGNS OF TEST ANXIETY

- Nausea
- Cramping
- Feeling lightheaded or faint
- Sweating
- Headache
- Dry Mouth
- Increased breathing rate
- Fast heartbeat
- Tense muscles

TEST ANXIETY REDUCTION CHECKLIST:

- Know the reporting location of your exam. Check it out the day before.
- Make sure you have your photo ID (driver's license or passport).
- Show up on time or early. If you are late, you may not be admitted to the test.
- Get a good night's rest before the exam.
- Have light breakfast before a morning exam, not a heavy, greasy meal that makes you sleepy.
- Don't drink too much coffee or soda – you don't want to have to run to the rest room during the test.
- Don't take any prohibited items, such as cell phones, notes, books, laptops. Check what you can & can't have in the testing room with you.
- Pay attention to the directions on how to fill out the answer sheet.
- Check frequently that you are marking your answers in the right place on the answer sheet.
- On most exams there is no penalty for guessing so don't be afraid to guess intelligently. Rule out the answers you know are wrong and guess from the remaining options.

RESOURCES:

- Reducing test anxiety (Praxis): http://www.ets.org/s/praxis/pdf/reducing_test_anxiety.pdf
- Reducing test anxiety -- Calm, Confident Testing: http://prezi.com/hlfa7z_teax8/copy-of-cctt-calm-confident-test-taking/?auth_key=3cefb98f53c29d9575ceb380f81096d0d7af17e9&kw=view-hlfa7z_teax8&rc=ref-288882911
- Reducing Test Anxiety (scroll down to #18 & #19): https://www.lanecc.edu/sites/default/files/testing/lcc_testing_office_study_tips.pdf
- You Can Learn Anything (Khan Academy): This is a good general site to explain many concepts quickly with visual aids and YouTube videos: <http://www.khanacademy.org/>
- Math skills review sites:
 - <http://www.lanecc.edu/testing/testing-office-study-tips>
 - <http://www.math.com/>
 - <http://www.aaamath.com/>
 - http://www.mymathtest.com/login_mmt.htm