



Warren
Community College

COMBATING TEST ANXIETY & EFFECTIVE TEST-TAKING

*Presented by Rose Lynch, M.A.
ISC Coordinator*

What is Test

Anxiety?



Symptoms

- Racing Thoughts
- Nervousness
- Inability to Concentrate
- Feelings of Dread
- Fast Heartbeat
- Headache
- Nausea

Some Causes

- Fear of Failure
- Lack of Adequate Prep Time
- Bad Test Taking Experiences
- Expectations of Perfection

Combating Test Anxiety

You have the POWER!



Put things
into proper
perspective.

It's NOT the end of
the world if you fail
a test.



Think of *testing* as
merely a snapshot in
time, in which you are
given the opportunity
to share your level of
knowledge.

10 Tips to Overcome Test Anxiety



- 1 Be Prepared.** - Increase confidence.
- 2 Get a Good Night's Sleep.**
- More beneficial than cramming.
- 3 Fuel Up.** - Eat nutritious foods for ongoing energy.
- 4 Be on Time, or Early, if Possible.**
- Feeling rushed will only amp up anxiety
- 5 Have a Positive Mental Attitude.**
- Think of your happy place or recite a morale-boosting mantra like "I can do this" or "I worked hard & deserve this".

Tips Continued...

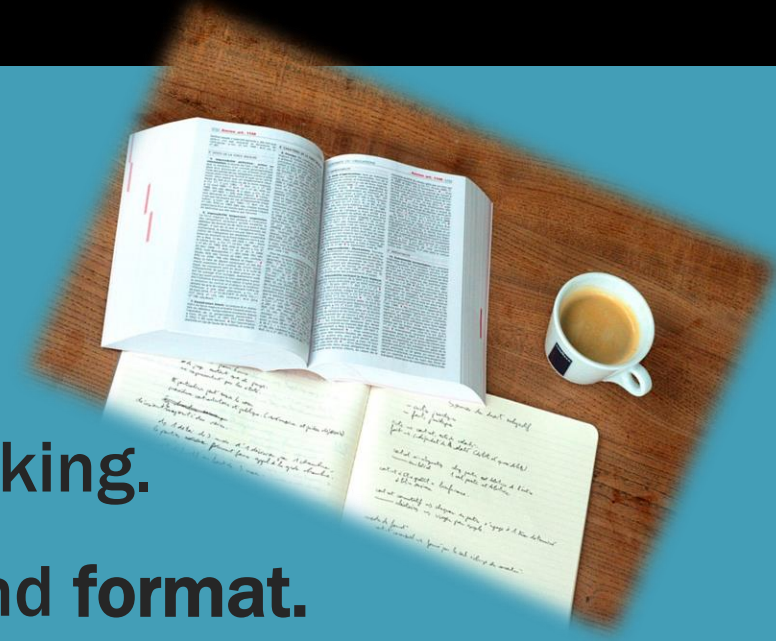


- 6 Read Directions & All Answers carefully - Reread question to ensure you actually answered the question.
- 7 Just Start - Make an outline for essay to get the ball rolling; answer easy questions 1st.
- 8 Focus on *YOUR PACE*, not your peers'!
- 9 Be Mindful of the Time - to budget your time well.
- 10 Focus on Calm Breathing & Positive Thoughts

Effective Test Taking Strategies

Before a Test

- Attend all classes.
- **Keep up with all reading, assignments & note taking.**
- **Find out what chapters/topics will be covered and format.**
- **Review study guides & end of chapter review questions.**
- **Set a study schedule to avoid cramming.**



Test Taking Strategies continued...

During a Test

- Repeat this positive affirmation – **I'VE GOT THIS!!!**
- Read & follow directions CAREFULLY!
- Skim the Test – Locate easy & difficult question; Understand point value of each question.
- Do easy questions 1st- will build confidence, then those with highest point value.
- Revisit unanswered questions – best not to leave any questions blank.
- Review your answers.



Test Taking Strategies continued...

After a Test

- Reward yourself! No matter how you did on the test.
- Review notes/text for correct answers to questions missed or were uncertain.
- Review your test - Evaluate points missed due to:
 - Poor preparation
 - Carelessness
 - Poor Time Management
 - Anxiety (mind went blank)

This will help you identify what areas to work on for next time...
there will always be a next time!



**What strategies are you
likely to implement?**

Questions???

Resources:

- Princeton Review
 - Skip Downing, On Course Textbooks
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