Addressing Test-Taking Anxiety:

Office of Student Support

Test anxiety is when a student excessively worries about doing well on a test. This can significantly hinder test performance and cause extreme nervousness and memory lapses, among other symptoms. The following are tips on reducing test-taking anxiety.

- Being well-prepared for the test is the best way to reduce test-taking anxiety.

- Space out studying over a few days or weeks and continually review class material.

- Try to maintain a positive attitude while preparing for the test and during the test.

- Exercising will help reduce stress.

- Get a good night's sleep before the test.

- Show up early so you won't have to worry about being late.

- Stay relaxed; if you begin to get nervous, slowly take deep breaths to relax.

- Have a plan of how to pace yourself throughout the exam.

- Write down important formulas, facts, definitions, and/or keywords in the margin first.

- Don't worry about how fast other people finish their tests; just concentrate on your own test.

- If you don't know a question, consider skipping it and coming back to it later.

- You don't always have to get every question right to do well on the test.

- Focus on the question at hand; don't let your mind wander on other things.

If you are still experiencing extreme test anxiety after following these tips, seek help.

Resources for test-taking anxiety: faculty, OSS, Talkspace, Student Health Services