

# EXAMS—TEST ANXIETY

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Do you get nervous just before you begin an exam? This reaction to testing is called test anxiety and it is a perfectly normal reaction. In fact, anxiety—to a degree—is beneficial because it can sharpen your attention and keep you alert. However, uncontrolled test anxiety can get in your way. Students who become overly nervous and emotional often lose their concentration. Their minds go blank and they are unable to remember what they have learned. Here are some tips to help you “keep your cool”:

- Don't cram!
- Be prepared. There is no substitute for good preparation.
- Study for recall, not just recognition. Test anxiety often occurs when students have studied for recognition only. So when you are asked to recall information and you can't remember, you panic and think you've forgotten what you've learned. Only, you probably never learned it the first time. You only recognized the information.
- Get used to test situations. Develop practice or review tests.
- Control negative thinking.
- Take care of yourself. Sleep, exercise and eat well.
- Compose yourself before the test begins. Take a deep breath. Visualize yourself calmly working through the test. Stay positive.
- Reward yourself. How about a hot fudge sundae? A long walk in the park? Or relaxing with friends and family? Whatever you enjoy, take the time and reward yourself for doing the best you could.