



REDUCING TEST ANXIETY

Now, Before, During a Test

Presented by
Sykes Student Success Center
Bismarck State College



Three ways:

- Things to start doing now
- Things to do the day before a test
- Things to do the day of the test



Do you get nervous during a test?

Write down the letter of the answer that best describes your feelings.

1. I look forward to taking tests.
a. never b. sometimes c. always
2. After a test, I feel good about the experience.
a. never b. sometimes c. always
3. My emotions interfere with my test-taking ability.
a. always b. sometimes c. never
4. I prepare well before taking a test.
a. never b. sometimes c. always
5. During a test, I think about the possibility of failing.
a. always b. sometimes c. never



6. I consider tests to be opportunities for learning.
a. never b. sometimes c. always

7. The sight of a test causes me to forget what I know.
a. always b. sometimes c. never

8. I can control my test anxiety.
a. never b. sometimes c. always

9. I feel ready for a test when the day arrives.
a. never b. sometimes c. always

10. I worry about time when taking a test.
a. always b. sometimes c. never



Scoring



- A = 1 point
- B = 2 points
- C = 3 points

- **10-15**

You are letting anxiety control your test results. Listen carefully to the following tips for preparing for tests and lowering anxiety.

- **16-20**

Plan to use some of the tips that follow to control your anxiety and improve your test scores.

- **31-40**

You have a healthy anxiety level. A little anxiety can pump you up for a test.

- **41-50**

Are you sure? Maybe you need to develop a little healthy anxiety.



How do you try to decrease anxiety?

- Do they work?



The best way to prevent anxiety is to be prepared.

- Begin on the first day of class
 - Take notes
 - Read texts
 - Complete assignments
 - Make flashcards with important concepts and terms
 - Daily review
 - Weekly review
 - Monthly review
 - Study schedule
 - Join a study group
 - Ask questions in class
 - Eat healthy, drink water, exercise
 - Avoid caffeine and alcohol
 - Reward yourself after a test



Preparing for an upcoming test

- Ask about the test
 - What type of test?
 - How long? How much time?
 - How important to grade?
 - Notes, dictionary, calculator, etc. allowed?
 - Definitions, names, dates, theorems included?
 - Does spelling/grammar count?



Studying for a test

- Ask questions about what you do not understand
- Make a study checklist of key terms, formulas
- Make flashcards
- SQ4R



The Night Before a Test:

- Relax
- Talk to others
- Distract yourself
- Avoid cramming
- Visualize success
- Make a summary card
- Ask, what is the worst that could happen?



On Test Day

- Be prepared
- Arrive early with all supplies
- Tell yourself you are ready
- Breathe deeply
- Look over the entire test first
- Read the directions carefully
- Make notes of important dates or formulas
- Manage your time, do not rush
- Ask questions
- Sit where there are no distractions
- Leave time to proofread
- Guess if there is no penalty
- Write neatly



Conclusion

- If you prepare from the first day of class, then all you will need is a quick review the night before.
- Relax, you will remember!



Thank you for attending.

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