

Strategies for Reducing Test Anxiety

1. PREPARE

Go into the test well-prepared. The more confident you feel about having mastered the material for the test, the less likely you are to become anxious.



2. OVER-LEARN

Once you have mastered the material, continue learning the information beyond your previous level of mastery.

3. RELAX

Use a relaxation technique to deliberately calm yourself. You want to replace test anxiety with an alert, relaxed response.

4. REPLACE

Replace negative or self-defeating thinking. "If I fail this exam, I will fail this course. If I fail this course, my grade point average will go down. If my grade point average goes down, it proves I am dumb and stupid. If I'm dumb and stupid, than that means I am unworthy and unlovable. I will never be anything". Instead of this negative chain of irrational reasoning (which is quite common, by the way!), you might think, "I will work hard to pass this test. If I fail, I will talk with the instructor and find out ways I can study more effectively for the next exam."

5. LEARN TEST-TAKING AND MEMORIZING TECHNIQUES

The more you know about learning, memorizing and performing on tests, the less anxious you may feel when confronted with a testing situation. Such techniques generally increase self-confidence and reduce anxiety.

6. TESTS DO NOT MEASURE YOUR WORTH

A test is not a measure of your value as a human being. Always combat feeling inadequate when you perform poorly on an exam. You are much more than simply a number on a piece of paper. A test result is simply a particular score on a specific day for a specific test.

Learn how



to Relax

At the Center for New Directions we offer classes and individualized training to overcome Test Anxiety. Our Test Anxiety curriculum includes learning memorization and test-taking techniques, a relaxation method, and a way to overcome self-defeating thinking patterns. Best of all, our services are FREE!

For more information, contact the Center for New Directions @ 732-6680.