



# Test Anxiety

**Most people feel some stress when it comes to taking a test. Moderate levels of stress can actually improve motivation, memory, and attention, and enhance test performance. Test anxiety, however, involves stress and worry that interferes with test performance, well-being, and attitudes toward school.**

*Symptoms: sweating, nausea, stomachache, shaking, muscle tension, nervousness, feeling overwhelmed, feeling like mind is going blank.*

## **Study Tips:**

- Establish a Study Routine
- Have a dedicated study area
- Quality vs Quantity
- Set Goals/prioritize
- Write down what you learn
- Quiz Yourself
- Take Breaks
- Get help from a friend/teacher

## **Test Taking Tips:**

- Get Enough Sleep
- Avoid Caffeine, be sure to Eat!
- Be on Time
- Do a “memory dump”
- Take your best guess
- Check your work
- Try a breathing strategy