

Before the Test



Test Anxiety

What Is Test Anxiety?

- Test anxiety is actually a type of **performance anxiety**; It happens in a situation when your performance really counts.
- Does anyone play an instrument or sport or performed on a stage or given a speech in front of people?
- Feelings of nervousness, blanking out or freezing up.

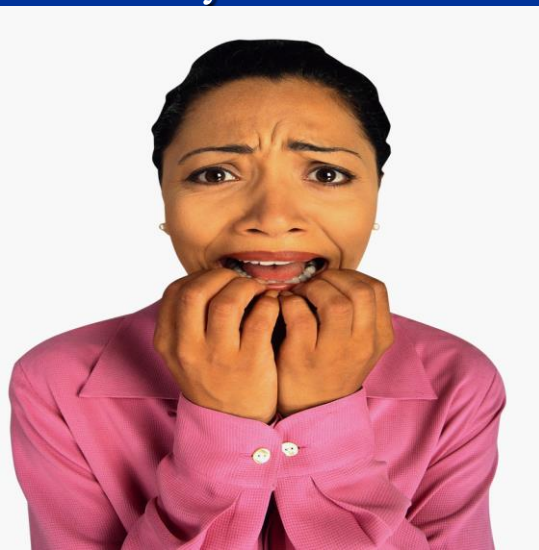




Test Anxiety

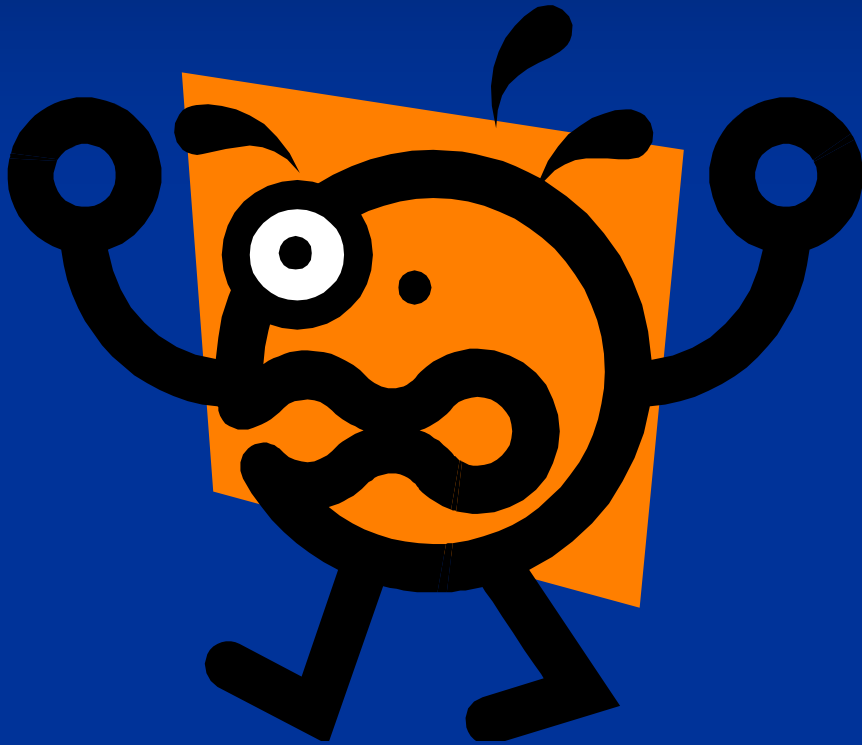
Who's Likely to Have Test Anxiety?

- Students who aren't prepared for tests, but who care about doing well.
- Students who worry a lot or who are perfectionists are also more likely to have trouble with test anxiety.



Test Anxiety

Effects of Test Anxiety



- Does test anxiety affect just the body, just the mind or both?
- How? When you're under stress, your body releases hormones like **adrenaline**, which prepares it for danger (you may hear this referred to as the "fight or flight" reaction).
- May lead to negative thoughts

Test Anxiety

The Day of the Test

- Begin your day with a moderate breakfast and avoid caffeine.
- Try to do something relaxing the hour before the test.
(I listen to my favorite music on the way there)
- Plan to arrive at the test location early.
- Avoid classmates who generate anxiety and tend to upset your stability.
- Distract yourself by reading a magazine or newspaper.

Test Anxiety



During the Test: Anxiety Control

- Curb excess anxiety in any of the following ways:
 - Tell yourself "I can be anxious later, now is the time to take the exam."
 - Focus on answering the question, not on your grade or others' performances.
 - Counter negative thoughts with other, more valid thoughts like, "I don't have to be perfect."
 - Tense and relax muscles throughout your body; take a couple of slow deep breaths and try to maintain a positive attitude.
 - Promise yourself a reward after the test!

Test Familiarity

- Test familiarity may be the overriding factor affecting performance.
- How does your teacher test?
 - Vocabulary words, specific dates and names, formulas, is a word bank given?
 - Essay, multiple choice, fill in the blank?
 - As you study, ask yourself does this sound like a question
Ms./Mr./Mrs. _____ would ask?



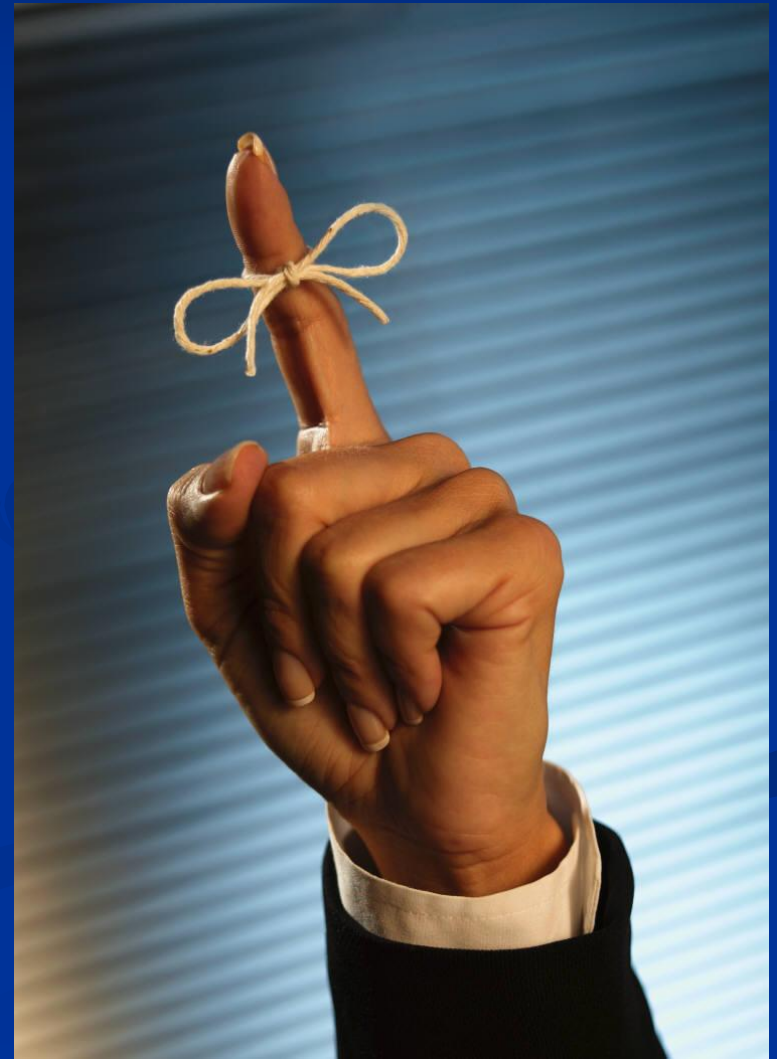
Memory Tricks

- Organize different categories by different color.
- Create same atmosphere for studying and test taking.
- Draw a picture.
- Mnemonic techniques are more specific memory aids. (see next slide for examples)

Memory Tricks

Mnemonic techniques

- Sentence – example, My Very Excellent Mother Just Served Us Noodles.
- Chunking – example, separating 64831996 to 64 83 19 96; short-term memory
- Rhymes & Songs, example, the 3 multiplication table song
- Acronyms – examples “BFF, FYI”



Test Anxiety

Is Test Anxiety Always Bad?

- Use a little stress to your advantage by:
 - Asking for help.
 - Being prepared.
 - Watching what you're thinking.
 - Accepting mistakes.
 - Take care of yourself.
 - Learning ways to calm yourself down
 - BREATHE!!!!!!!!!!!!!!!!!!!!



Memory Tricks

PRACTICE



MAKES

PERFECT