

TALKING YOURSELF THROUGH TEST ANXIETY

Having a positive attitude before and during an exam can really make a difference on your performance. By creating positive statements and having a positive experience on hand, students can use these tools when they feel test anxiety coming on.

BEFORE THE EXAM:

By being prepared for anxiety to hit while taking an exam, you can have positive statements on hand that you can use to combat test anxiety. Create two positive statements you can use before an exam. For example, one may say “I know I am going to do fine on this exam because I studied for 12 hours and I know the material.”

1. _____

2. _____

DURING THE EXAM:

Many different things trigger anxiety during the exam: other people finishing before you, you get stuck on a single question, or you feel you will run out of time.

Identify what triggers test anxiety for you while you are completing an exam and make a positive statement you can use to lessen this anxiety. (For example, if you get stuck on a question and you feel anxious you can say to yourself, “Drawing a blank is perfectly natural. I’m going to move along and come back to this question later.”)

Test anxiety triggers:

Positive statement:

AFTER THE EXAM:

Many students feel anxiety after exams because they do not know what their grade will be. Construct a positive statement you can use if you experience this type of anxiety. For example, “I really knew the material and it will show in my grade.”

Positive statement:
