

TEST-SPECIFIC COPING STATEMENTS

1. PREPARING FOR TEST ANXIETY

- You know you're well prepared for this test, so relax.
- Before looking at the first question, take a deep breath.
- "I am very confident about getting a B, so I'll take a little extra time and try for an A."
- "I don't care what others are doing around me. I know this material as well as they do—if not better."
- Take one question at a time. Give yourself a chance.
- Don't panic if you don't recognize the first question. You can always come back to it once you get started.
- "It might be a little difficult, but I believe in myself."

2. CONFRONTING AND HANDLING TEST ANXIETY

- Don't think about being overwhelmed; just think about what you have to do, keep your mind on the test, nothing else.
- A little test anxiety is natural and it's a reminder to use your coping skills.
- "If I'm not sure of several questions in a row, I'm not going to panic, I'll sit back for a moment and take a few deep breaths and relax."
- Get right in there, don't look around the room or talk to anyone. Tests can be enjoyable when you feel confident about the material.
- "I knew the material well last night, so it'll come; I'll just give it a chance."
- Drawing a blank is perfectly natural; just move along and come back later.

3. COPING WITH THE FEELING OF BEING OVERWHELMED

- When you feel anxiety coming on, just pause and try to concentrate on your paper.
- Don't let your mind wander to dispel the anxiety; channel the anxiety more constructively in your work.
- Label your test anxiety from 0 to 10 and objectively watch it change.
- Since the test covers so much material, you won't know everything for sure. Just answer each item the best that you can.
- Don't try to eliminate the anxiety totally. It's good to be somewhat anxious if it's kept at a manageable level.
- "My muscles are starting to tense up. Time to relax and slow things down. I have plenty of time."
- "Now that I'm in control of my anxiety, I can't panic."
- "The professor is not out to get me. I'll show him/her just how well I can do."

4. REINFORCING SELF-STATEMENTS

- "Well, I'm finished; I didn't even panic and I did well."
- "I channeled my anxiety in the proper direction—congratulations."
- "I knew the material and it will show up in my grade."
- "That wasn't so bad; I've got control from now on."
- "I can be very pleased with the progress I'm making."