

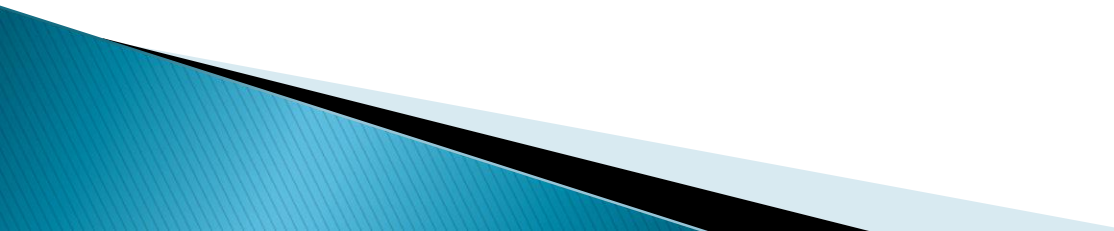
TEST ANXIETY

It's CRUNCH time!!



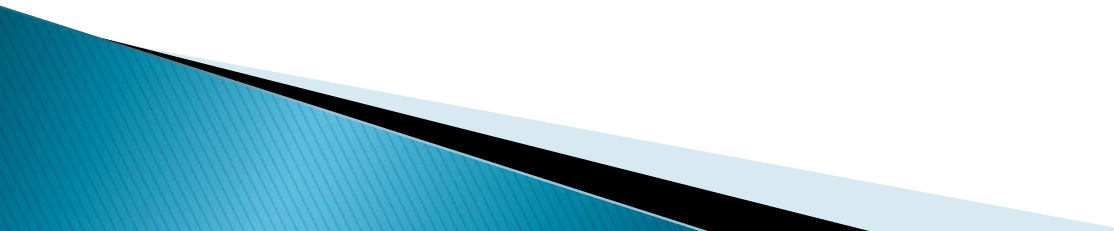
TEST ANXIETY

IS HOW TENSE,
WORRIED OR ANXIOUS
I MAKE MYSELF WHEN
APPROACHING
ACADEMIC WORK.

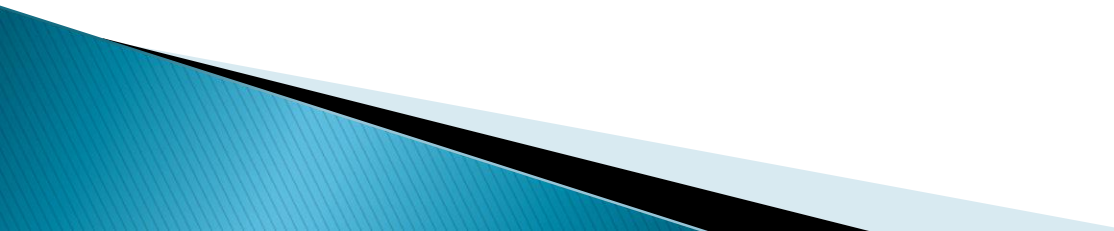


QUIZ
TEST
EXAM

FINAL EXAM!!!



ANXIETY AFFECTS US:

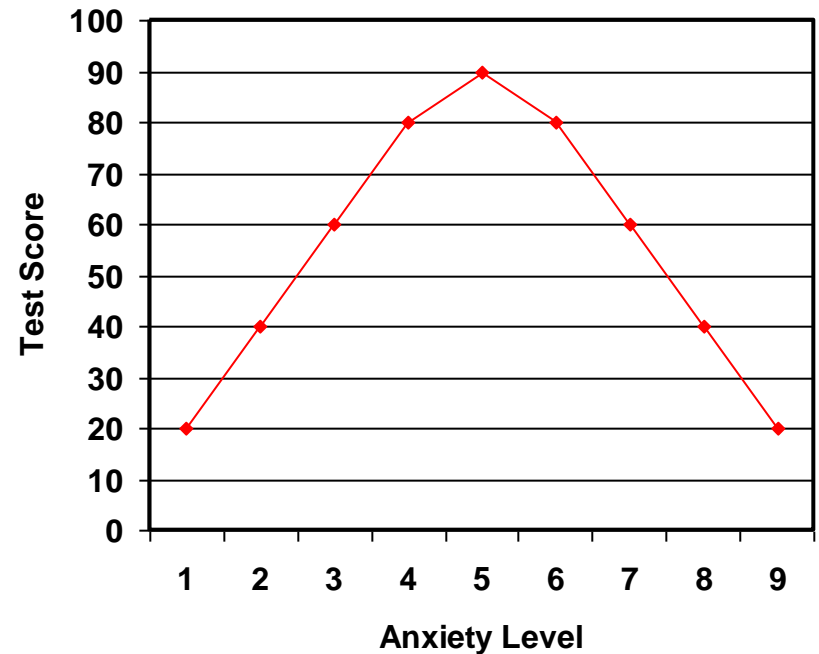
- ▶ Physically (i.e. Upset stomach, increased heart rate, sweaty palms, etc.)
 - ▶ Cognitively (forgetfulness, negative self-talk, trouble making decisions, hard time thinking clearly, etc.)
 - ▶ Emotionally – (i.e. depression, anger, nervousness, etc.)
 - ▶ Behaviorally (procrastination, acting on impulse, clowning around, etc.)
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All College students have
(or should have) some
level of stress.

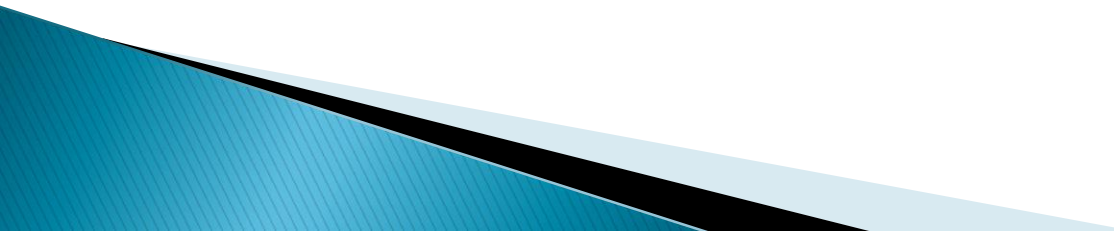
Anxiety keeps us studying
when we want to play.

But, too much of a good
thing can become
harmful.

Anxiety and Test Scores



Factors that Influence Stress

- ▶ Past Performance
 - ▶ Grade in class
 - ▶ Percentage of grade
 - ▶ External Pressure
 - ▶ Balancing responsibilities (other classwork, job, social & family life)
 - ▶ Extraneous factors (i.e. homesickness, break-ups)
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Main Cause of Anxiety

**Your own
thoughts**



NEGATIVE COPING TECHNIQUES

Give **three** examples of how students negatively cope with stress or anxiety.



EVENTS IN MY LIFE
CAUSE MY ANXIETY.

True or False





EVENT

PERCEPTION



**RESPONSE/
REACTION**



Writing Activity 1

- ▶ Write about the thing that you are most worried about right now in school.
- ▶ What do you experience when you think about it?
- ▶ What will happen if you do not succeed?
- ▶ What will you do if you don't succeed?





**WHAT CAN
I DO
ABOUT
TEST
ANXIETY?**

Positive Coping Techniques



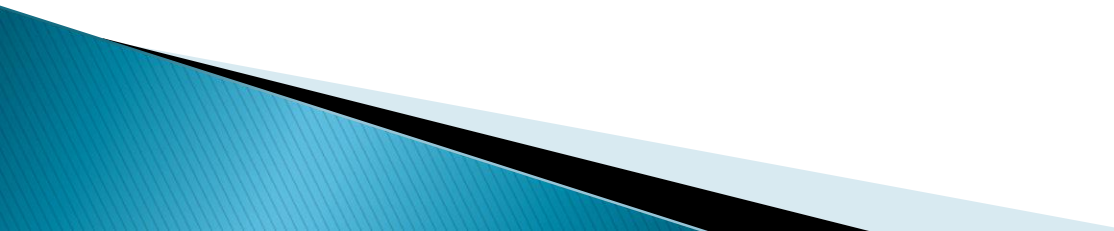
Give **three** examples of how students cope positively with stress or anxiety.

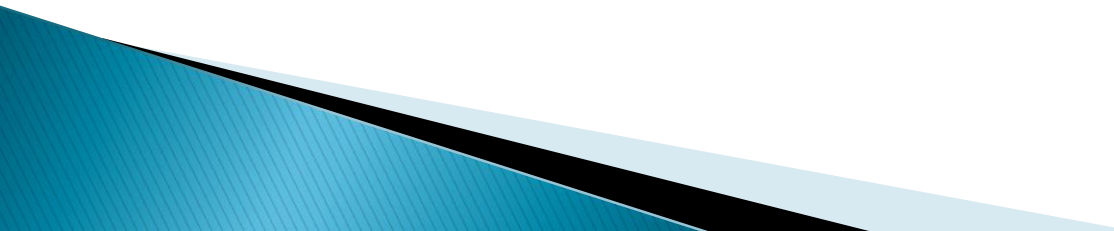
Remember the Positive

- ▶ What was a difficult challenge you have faced and were successful.
- ▶ How did you feel when you conquered that challenge?




WHAT DID WE LEARN?

- ▶ Anxiety in any form effects us emotionally, physically, behaviorally and cognitively.
 - ▶ Anxiety is not created by the events that happen to me.
 - ▶ I can avoid the negative consequences of anxiety...By:
 - ▶ Using positive self-talk and stopping negative self talk
 - ▶ Accept yourself as you are.
- 

- ▶ Eat a proper diet, exercise, get plenty of rest.
 - ▶ Balance your academic, social, spiritual and occupational aspects of life. Resolve unfinished business.
 - ▶ Take a moment of silence and breathe.
 - ▶ Give yourself permission to “worry” later.
 - ▶ Write down things you are thankful for.
 - ▶ Be prepared!
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IN CONCLUSION . . .

- ▶ Test Anxiety is something you can overcome, but it might take time and persistence.
 - ▶ If you feel that you need additional help with Test Anxiety, you may want to seek out the following resources. . .
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FOR MORE INFORMATION

- ▶ **Counseling Center**
651-690-7831
 - ▶ **Student Disability Resources**
651-690-8160
 - ▶ **Learning Center**
651-690-7832
 - ▶ **Local Mental Health Practitioners**
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