

# Managing Test Anxiety

Done By:

Mrs. Elahie-Mirza

Guidance Counsellor

ASJA Boys' College

San Fernando

# What Is Anxiety?

- A normal, healthy emotional reaction to a stressful situation or event.
- Triggered by a specific stressor.
- Has a start and ending point (does not last a long time)
- Can be helpful or motivational at times.
- Disappears or lessens when away from stressor.
- Relaxing eases the feeling.



# What Is Test Anxiety?

- A type of performance anxiety.



- Occurs when there is a lot of pressure on someone to perform at their best.

- Characterized by: racing thoughts, inability to concentrate, feelings of dread, fast heartbeat, headache and nausea to name a few.

# Symptoms of Test Anxiety

## Physical

- Nausea
- Cramps
- Faintness
- Sweating
- Headache
- Dry mouth
- Fast heart beat
- Tense muscles
- Increased breathing rate

## Psychological

- Mental blank out
- Racing thoughts
- Difficulty concentrating
- Knowing answers after the test but not while taking it
- Negative thoughts





# What Causes Test Anxiety?

- Perfectionism.
- Fear of failure.
- Poor study habits.
- Low self confidence.
- Poor time management.
- Expectations of others on us.
- Lack of preparation for exam.
- Negative test experiences in the past.



# 10 Practical Ways To Manage Test Anxiety.



1. Be prepared – preparation brings about feelings of confidence.
2. Sleep – getting sufficient rest before the exam helps you to feel rested and calm, also making remembering easier.
3. Eat healthily – a nutritious meal fuels your body with a steady flow of energy, as opposed to an energy rush followed by a crash.
4. Be early – go to the exam early so that you are mentally calm just before the exam. Being late encourages you to be unsettled.
5. Stay positive – use deep breathing or mindfulness to keep calm.
6. Read slowly and carefully - this helps you to keep focused on what you are reading and writing about.

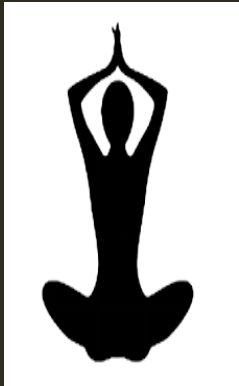
# 10 Practical Ways To Manage Test Anxiety.

7. Just start the paper – a blank page increases anxiety. Once you have read the instructions proceed to start so that you use your energy for writing and thinking instead of worrying.

8. Don't pay attention to others – just because someone is writing speedily or on a further page than you doesn't mean their answers are right. Focus on you!

9. Keep track of time – divide your time for the exam into the sections of the paper. Watch the clock occasionally so you can keep track of your time.

10. Breathe – take deep breaths when you need to so that you can stay centered.





TRUST  
YOURSELF.  
YOU KNOW  
MORE THAN  
YOU THINK  
YOU DO.

—DR. SPOCK—

YOU ARE  
SO CLOSE  
TO THE  
VICTORY,  
DON'T YOU  
DARE GIVE  
UP NOW.

REMEMBER THAT THE  
REASON YOU'RE  
DOING THIS IS TO  
MAKE YOUR LIFE  
BETTER

Thank  
you!!  
...

