

10 Tips for Overcoming Test Anxiety

Test anxiety is a common issue among college students. It is normal to feel anxious when you are doing something important. High-pressure situations can make our minds go blank, but there are ways to overcome test anxiety. Here are 10 tips to help:

1) Prepare for the test.

The feeling of not being prepared often leads to anxiety. In all honesty, if you're not prepared, you do have something to worry about! So be prepared. Go to class. Take notes. Read materials your instructor tells you to read and review course materials multiple times.

2) Space out your work.

As you prepare for the test, study a little bit every day. Cramming information into your brain the night before is ineffective.

3) Get a good night's rest.

You are not at your best when you don't get your rest! When you are tired, it's hard to recall information you know.

4) Breathe.

Take a slow, deep breath, in and out. Deep breathing really can relax your mind.

5) When the test begins, write down everything you know on the back of the test or in the margins. Write formulas, facts or terms. Write it down while it's still fresh on your mind. Then you can go back to it when the appropriate question arises.

6) Answer the easy questions first.

Don't spend too much time on hard questions. When you leave a question blank, it's counted against you. Try to snatch as many points as you can! Answer the easy questions first. Then go back and work through the more difficult questions. Answers left blank will count as wrong answers, so always try to answer every question.

7) Pace yourself.

Check to see how many questions are on the test and figure out how much time you can spend on each question. For example, if you have one hour to take a 30-question test, you can spend two minutes on each question. Once half of your time is gone, see if you are halfway through the test. If you are, you have found a good pace. If you have not, adjust your pace accordingly.

8) Don't compare yourself to other people.

If your classmates are finishing the test while you are still on the first page, that's okay! Take your test. This isn't a race. It's a test! Also, your instructor is perfectly fine with waiting on you. Don't feel like you have to hurry up so your instructor can go to lunch. They are here to help you succeed, and part of helping you succeed means giving you enough time to take your tests.

9) Use ALL the time!

If your instructor gives you an hour to take a test and you only use 15 minutes, that might be a sign you have not used your time wisely. If you finish with time left, go back and check your answers.

10) Talk to your academic mentor.

Your academic mentor is here to help you succeed. Test anxiety can impede your success. If you are struggling with test anxiety, talk to your academic mentor. He or she is ready and willing to help you overcome this obstacle.

Sources Used

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<https://youtu.be/7kbmRrHcWBQ>

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