Managing Test Anxiety

What Does Test Anxiety Feel Like?

Physical Symptoms
- Headaches
- Nausea
- Faintness
- Feeling too hot
- Feeling too cold
- Sweating
- Rapid heartbeat
- Shakiness

Emotional Symptoms
- Want to cry
- Want to laugh
- Feeling angry
- Feeling helpless
- Excessive frustration
- Confusion

Problems Thinking
- Blank out during test
- Having racing thoughts
- Thinking thoughts such as:
  - “I can’t do this”
  - “I’m stupid”

What Causes Test Anxiety?

Everybody experiences some amount of anxiety in testing situations.

If the anxiety affects your performance on exams, it can become a problem.

Causes
- Concerns about what others will think about you if you don’t do well
- Threats to self worth and self image
- Concerns about future
- Lack of preparation
- Fear of failure