Test Anxiety

Counseling Services Center
connecting.caring.comforting.
Kathleen Manley Building
865-471-3550
What is Test Anxiety?

- Uneasiness experienced before, during, or after an examination.
Anxiety does not look the same in everyone, but we all have it.

- Symptoms of test anxiety can affect an individual in three ways:
  - Physically
  - Emotionally
  - Behaviorally
Physical Symptoms of Anxiety

- Headaches
- Nausea
- Diarrhea
- Excessive sweating
- Shortness of breath
- Possible panic attacks
- Feeling like you’ll faint
- Light-headedness
- Rapid heartbeat

Anxiety and Depression Association of America
Emotional and Behavioral Symptoms of Test Anxiety

Emotional
- Feelings of anger
- Fear
- Helplessness
- Disappointment

Behavioral
- Difficulty concentrating
- Thinking negatively
- Comparing yourself to others

Anxiety and Depression Association of America
What Causes Test Anxiety?

- Fears and worries about not doing well
- Not preparing
- Predicting grades based on past failures
- Negative thoughts
The GOOD News:

YOU have the power to lower and beat test anxiety
Let It Go

Thoughts to change

- Think positive “I can and will do well.”
- Don’t allow poor past test grades define you
- This test is just a stepping stone towards graduation
- Believe in yourself, you can do it!

Set a realistic goal

- Start to meditate and relax (see upcoming slides)
- Get a higher score
- To have lower or no anxiety
- Take breaks
“It’s time to see what I can do
To test the limits and break through
No right, no wrong, no rules for me,
I’m free!”

The fears that control you don’t have any strength when you let them go.
Let It Go: Retrain Your Brain to Be Positive

- I have passed a test before
- I do understand some of the material
- I can handle this
- I can be anxious and still do well
- I am an okay person even if I don’t get an A
- I’ll get used to this with practice
- It’s okay to make a mistake

“If something is wrong, fix it if you can. But train yourself not to worry. Worry never fixes anything.” Ernest Hemingway
Let It Go: Reconnect with yourself, disconnect from your fear

Research has proven the below methods to be effective:

- Relaxation
- Take a walk
- Meditation
- Yoga (weekly in our building)
- Progressive Muscle Relaxation
- Belly Breathing

Come to the Counseling Center’s Relaxation room or schedule a 30 minute meeting to create an individualized plan.
Let It Go: Learn to Relax

Apps to download

- Breathe2Relax
- Relax lite
- Essence
- MindShift
- Exam Prep
- Relax +
- Anti-Stress

YouTube Videos to watch

- Moment of Relaxation with Andrew Johnson
- The Christian Meditator
- The Honest Guys
- The Relax Channel
- Meditation Relax Club
- Search Study Music

Most of the apps are free and available in most marketplaces (iTunes, Google Play). They are also on our iPad and you are welcome to come test them out in our building.
Our Relaxation room offers:

- A quiet place with soft/gentle music.
- A small relaxing fountain flowing.
- An iPad to check out with apps already downloaded.
- Aromatherapy scents to help you relax.
It's time to let go... (it will be ok)
You can do it, We can help!

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