

Name:

Block:

Date:

Test/Exam Anxiety Management

Why can a little bit of stress be helpful?

- A small amount of stress can motivate us and keep us focused

What is test/exam anxiety?

- Worries about performing below level or failing

Why might someone have test/exam anxiety?

- Underestimating one's abilities
- A reaction to not enough test/exam preparation

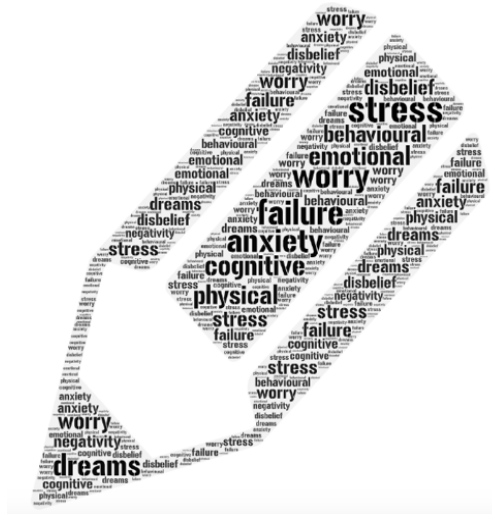
Physical

- Perspiration
- Sweaty palms
- Headaches, upset stomach, nausea
- Rapid heartbeat, dizziness, irregular breathing
- Muscle tightness

Behavioural

- Procrastination/avoidance
- Excessive studying
- Over/undereating, poor nutrition
- Sleeping too much/too little
- Fatigue/inability to relax

Symptoms



Emotional

- Feeling guilty, angry, depressed or unsure

Cognitive

- Negative self-talk
- Excessive worrying
- Difficulty with concentration
- Difficulty retrieving or selecting key terms/concepts
- Difficulty organizing or expressing thoughts
- Going blank on questions
- Remembering the correct answers after the test/exam