

Test Anxiety

1. Have you ever felt anxious before or during a test? Yes No
If you said **yes**, when do you feel anxious before or during a test?
If you said **no**, skip this question.
-

2. What happens when you feel anxious before or during a test?
Check any symptoms you may experience.

Physical symptoms:

- | | |
|--|---|
| <input type="checkbox"/> Sweating/sweaty palms | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Upset stomach | <input type="checkbox"/> Dizziness |
| <input type="checkbox"/> Rapid heartbeat | <input type="checkbox"/> Muscle tightness |
| <input type="checkbox"/> Other: _____ | |

Behavioural symptoms:

- | | |
|---|--|
| <input type="checkbox"/> Procrastination | <input type="checkbox"/> Avoidance |
| <input type="checkbox"/> Studying too much | <input type="checkbox"/> Studying too little |
| <input type="checkbox"/> Undereating | <input type="checkbox"/> Overeating |
| <input type="checkbox"/> Eating unhealthy foods | <input type="checkbox"/> Sleeping too much |
| <input type="checkbox"/> Not enough sleep | |
| <input type="checkbox"/> Other: _____ | |

Emotions symptoms:

- | | |
|--|--|
| <input type="checkbox"/> Feeling guilty | <input type="checkbox"/> Feeling angry |
| <input type="checkbox"/> Feeling depressed | <input type="checkbox"/> Feeling worried |
| <input type="checkbox"/> Feeling uncertain | |
| <input type="checkbox"/> Other: _____ | |

Cognitive symptoms:

- | | |
|---|---|
| <input type="checkbox"/> Negative self-talk | <input type="checkbox"/> Over worrying |
| <input type="checkbox"/> Difficulty concentrating | <input type="checkbox"/> Difficulty organizing thoughts |
| <input type="checkbox"/> Difficulty remembering answers during the test | |
| <input type="checkbox"/> Other: _____ | |

Turn to the next page.

Preventing Test Anxiety Tips

Check **1** or **2** strategies you'd like to try and practice from **each** section:

Section A: Preparing for the test:

- Check in with teachers to make sure you know what will be on the test
- Let teachers know if you feel anxious writing tests
- Study in a quiet place that has good lighting
- Avoid distractions and turn off notifications
- Review each day
- Practice using the study and test taking strategies you learned at school
- Practice relaxation techniques like mindfulness
- Take breaks while studying (e.g. Pomodoro method/short walk)
- Eat healthy snacks and drink water while studying
- Pack your test materials in your bag the night before a test
- Get a good night's sleep the night before a test

Section B: The day of the test:

- Eat breakfast/lunch and drink water
- Avoid caffeine and sugar
- Avoid cramming before the test
- Do something relaxing before the test (e.g. mindfulness)
- Arrive on time for your test
- Tell yourself, "I can do it."

Section C: During the test:

- Use the test taking strategies you learned in class
- Before the test starts, do a "memory dump". This means writing down info you think you might forget on the back or margins of the test
- Remind yourself that a little bit of anxiety before a test is normal
- Take mini breaks to refocus (e.g. 30 seconds)
- Practice calming techniques like mindfulness
- If you don't know any answer, go to the next question and come back to it later
- Avoid panicking if you see others finishing their tests before you.

Section D: After the test:

- Reward yourself
- Use this experience to see what you can do for future tests (e.g. daily reviewing, asking for help during FIT)
- Ask your teacher about the questions you may not have understood

Source: Adapted resources from SFU Library Commons and Mayo Clinic