

Conquering Test Anxiety

WORK SHEET

Test anxiety is common, so common, in fact, that up to 40% of students may experience it on occasion according to the Anxiety and Depression Association of America. It is human to feel stress when taking a test, and that stress can sometimes be useful in helping you accomplish a difficult task like a test. Stress can help motivate a student and create focus and heightened attention, but too much stress can also become overwhelming, causing the body to react in an unhealthy way. Thankfully, however, there are steps you can take to potentially ease the difficult physical, emotional, and cognitive reactions you may experience when faced with an upcoming test. Use this worksheet along with the **Conquering Test Anxiety Fact Sheet** to learn some techniques to help you manage test anxiety. Let's start by listing your reactions to test-taking:

HOW DO YOU FEEL WHEN YOU TAKE A TEST? LIST YOUR REACTIONS:	IS YOUR REACTION PHYSICAL, EMOTIONAL, OR COGNITIVE?	RATE THE LEVEL OF YOUR REACTION 1-5 (5 MOST SEVERE)

Once you're more aware of how your body may respond to an upcoming test or challenge, you can try some techniques that may help you manage those responses and help you channel the stress in a more productive, positive way. First, practice some of these techniques when you are studying and note how each makes you feel. When you find a couple of techniques that seem to help you feel more calm and focused, try them during a quiz or short test to see if you are able to use these approaches to ease your anxiety. With practice, you may find you can use your stress in a more positive way!

STRATEGY or TECHNIQUE to CONQUER TEST ANXIETY	WHEN DID YOU TRY IT?	DID IT WORK FOR YOU?
BREATHING TECHNIQUES:		
• Square Breathing		
• Count-It Breathing		
• Deep-Breath Increments		

STRATEGY or TECHNIQUE to CONQUER TEST ANXIETY	WHERE DID YOU TRY IT?	DID IT WORK FOR YOU?
PERSONAL MANTRAS — List a couple of your favorites:		
SWAP NEGATIVE SELF-TALK for POSITIVE SELF-TALK. List your most common phrases and replacement phrase:		
VISUALIZATION EXERCISE: Create visualizations of locations where you are carefree and calm. Where do you feel the most relaxed?		
PROGRESSIVE MUSCLE RELAXATION: Try relaxing specific muscle groups one at a time to see if one works better than another.		

These techniques are suggestions that may help you manage test anxiety, but sometimes people need more help than self-techniques can provide. If you ever feel that your test anxiety is out of your control, don't be afraid to ask for help. Your teachers, guidance counselors, and parents can help you find professional help to allow you to manage your test anxiety in a more productive way.

