

Tackling Test Anxiety

EXTERNAL TRIGGERS

VISUAL TRIGGERS

- Students getting up and turning in their tests
- A classroom becoming more and more empty
- People turning the pages of their exam
- The clock ticking away

AUDITORY TRIGGERS

- Pencils dropping on the table
- Backpacks being zipped up
- Desks moving around
- The sound of clocks ticking
- The door opening and closing as people leave
- The sound of people outside the classroom

POSSIBLE STRATEGIES

- Choose your seat wisely: Sitting up front and away from windows might eliminate distractions.
- Avoid the temptation to look up often. Stay focused on the exam in front of you.

POSSIBLE STRATEGIES

- Drown out sound by sitting near a noisy fan or vent. Ask the instructor if you can use ear plugs.
- Develop a focus strategy and learn to study with controlled sounds.

My Triggers

My Strategies

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INTERNAL TRIGGERS

I FIND MYSELF THINKING...

- How much brighter the other students are than me
- The consequences of failing
- I won't ever graduate...
- Time is running out!
- I didn't prepare enough
- The professor should offer more papers than tests
- I can't concentrate

I FIND MYSELF FEELING...

- Panic
- Upset
- Nervous
- Disappointed
- Worry
- Angry/Irritated
- Frustrated

I AM PHYSICALLY FEELING...

- Rapid breathing
- Stomach ache
- Generally uncomfortable
- Headache
- Nausea/Dizziness
- Feeling too hot or too cold
- Crying
- Clammy hands
- Grinding teeth

STRATEGIES FOR ENDING NEGATIVE THOUGHTS:

- Is your thought a true statement? If not, remind yourself of the positive work you've done to prepare, and the work you're putting into combatting your anxiety.
- Repeat some normalizing statements to yourself: I'm prepared for this; I can handle the situation; This feeling is normal and can be overcome; I'm in control; I'm going to focus on my strengths.
- Focus on things you've done to prepare.

My Negative Thoughts/Feelings

My Strategies for Stopping Negative Thoughts