



Let Go of Test Anxiety

Academic Center for
Excellence

University of North Florida

Test Anxiety

If you freeze during tests and flub questions when you know the answers, you might be suffering from test anxiety.



Components of Test Anxiety

- Mental component includes your thoughts and worries about tests.
- Physical component includes bodily sensations and tensions.



Techniques

- The following techniques can help you deal with the mental and physical components of stress in any situation, from test anxiety to stage fright.



Scan Your Body

- Simple awareness is an effective technique to reduce tension.
 - Sit comfortably and close your eyes.
 - Tell the muscles in your feet that they can relax.
 - Move up to your ankles and repeat the procedure.
 - Repeat telling each group of muscles to relax.



Breathe

- You can calm physical sensations within your body by focusing your attention on your breathing.
 - Concentrate on the air going in and out of your lungs.
 - Do this for two to five minutes



Visualize Success

- Rehearse what it will be like to succeed.
 - Be specific.
 - Create detailed pictures, actions & even sounds.
 - If possible, visit the room where you will take the test ahead of time.



Focus

- Focus your attention on a specific object.
 - Touch the surface of your desk and notice the texture.
 - Examine details of a painting.
 - Study branches on a tree.
 - Observe the face of your watch.



Praise Yourself

- Talk to yourself in a positive way.
 - Be your own best friend
 - Give yourself some encouragement.
 - Tell yourself “I am very relaxed. I am doing a great job on this test.”



References

- Becoming a Master Student, Dave Ellis, 10th edition
- <http://school.discovery.com/clipart/category/anmt1.html>

