

How Can I Reduce My Test Anxiety?

FINDING YOUR BEST WAY

Some stress is good. We all need some stress to motivate us to accomplish our work, especially when the work is not appealing. Stress makes us get out of bed and get to work. It keeps us persisting when we would rather quit and find something else to do.

However, stress is complicated— just the right amount of stress helps us succeed. Too much stress can paralyze us.

WHERE DOES YOUR STRESS COME FROM?

Stress from home and personal relationships can take a toll on your academic life, even if home is a thousand miles away. Concern about a problem erases those miles in an instant.

You can also experience stress because you may not be prepared for the classes you are currently taking.

Perhaps your present living arrangements are creating some counter-productive stress. It may be that your roommate is not the compatible soulmate that you anticipated. Maybe your room is too noisy or too quiet for your study needs. Perhaps you need to manage your time better.

Whatever the problem, it's important to remember that you have a network of peer, faculty, and staff support to help you find ways to reduce your stress. Start by talking with your campus mentor—your RA, your favorite professor, your adviser, or someone in Educational Services for Students or University Counseling

WHAT CAN I DO ABOUT TEST ANXIETY?

Test anxiety is real and can negatively effect your test performance. However, before you decide that poor performance is related to anxiety, make sure that you are adequately preparing for exams. Your professor, or an ESS staff member can help you determine if