

TEST ANXIETY

BayCare Behavioral Health



You got this!

I am inherently powerful and have the ability to control myself and elements of the situation by maintaining an awareness of the power of choices.

OPTIMISM: My confidence and hope that my reservoir of emotional and intellectual energy will pull me through when things get tough.

Stop Stressing Out

- Self Talk
- Acknowledge your stress
- Identify your triggers
- Remember life's good stories
- Let it out – get moving
- Time management

Know Your Contributing Factors

- **Procrastination**
- **Time** (management vs. wasting)
- **Uncertainty** (new experiences + doubts)
- **Attitude** (expectations / belief systems)
- **People** (especially the inconsiderate ones)
- **Our Bodies** (illness, tension, etc.)
- **Heredity**

Look familiar?

1. Difficulty concentrating or calculating
2. Difficulty making decisions
3. Irritable (lowered tolerance levels)
4. Memory disruptions (“slipped my mind”)
5. Fatigue (or restlessness)
6. Insomnia (or Excessive sleeping)
7. Hyper vigilance (startle reactions)
8. Digestive problems (no appetite/nausea, etc.)
9. Heart rate, sweaty palms, “edgy” feeling
10. Ruminating or obsessing (Twisted Thinking)

Watch that “Twisted Thinking”

1. All-or-nothing thinking (Black-and-white)
2. Overgeneralizations (Never ending pattern)
3. Mental filter (Dwelling on the negative; ignoring the positive)
4. Discounting the positive (Doesn't count - Not good enough)
5. Jumping to conclusions (Mind reading Fortune telling)
6. Magnification (Binocular process)
7. Emotional reasoning (I feel _____, therefore.....)
8. “Should” statements (+ Musts, Oughts & Have to's)
9. Labeling (I'm a Loser, Failure, Jerk ...He's worse!)
10. Personalization & Blame (Hot Potato...If Only!)

Stress: A Matter of Judgment

When stressed, we make two main judgments:

1. we must feel threatened by the situation and
2. we must doubt that their capabilities and resources are sufficient to meet the threat.

Strategies to Minimize Test Anxiety

- Be prepared
- Set realistic goals
- Practice answering questions
- Banish negative thoughts
- Go to bed!
- Eat your veggies
- Breathe!
- Avoid the perfectionist trap

Preparation = Confidence Building

- Develop good study habits and strategies
- Manage time wisely
 - identify distractions
 - schedule study time
- Organize material – books, notes, etc.
- Tune out negative noise
 - peer pressure / competitiveness
 - your own pressure!
 - obsessing on past performance

Final hours and minutes

- Make a plan
- Go to bed!
- Eat a good meal
- Avoid cramming
- Prepare your materials
- Take a walk
- Take a mental break
- Breathe!

Tune them out!



Avoid speaking to other students (or 'friends') who haven't prepared, who express negativity, or who will distract from your preparation.

During the test

- Read the directions **carefully**
- Budget your test taking time
- Get comfy
- If you go blank, skip the question and move on to another questions or section
- Write down what you know
- Tune them out



The first president of the United States was:

- A. Santa Claus
- B. George Washington
- C. Tooth Fair
- D. Thomas Jefferson

Random Guess =
25% chance of a
correct answer

Eliminate the obviously
wrong answers =
50% chance of a
correct answer

The first president of
the United States was:

- ~~A. Santa Claus~~
- B. George Washington
- ~~C. Tooth Fair~~
- D. Thomas Jefferson

What is the Student Assistance Program?



St. Petersburg College's solution for providing confidential counseling and referral service for students who have personal challenges which could affect their academic performance, personal lives or general well-being.

How it works

Students access helpline staffed 24 hours a day, 7 days a week by BayCare's master's level mental health and substance abuse professionals.



800-878-5470 (toll free) ■ BayCareSAP@BayCare.org ■ BayCare.org/SAP

Student Assistance Program

24-Hours a Day, 7 Days a week

(800) 878-5470

BayCareSAP@Baycare.org

www.BayCare.org/SAP

Q & A Discussion

