BEATING TEST PANIC
Six Practical Steps Help Overcome Anxiety

Why Anxiety
Taking exams is not a pleasant experience
There is a lot at stake
Fear of failing adds to mounting pressure

Physical Signs of Anxiety
Palms sweat
Stomach tightens
Heartbeat and breathing rate speed up
More extreme signs---Diarrhea, vomiting, and fainting

Adverse Effects of Anxiety
Often lowers test scores
Can decrease level of capability
   Slows down thinking processes and reduces efficiency
Mental blocking---Mind paralyze; can’t deliver information

Six Steps to Overcome Anxiety
1. **Analyze Why You’re Worried**
   Ask yourself some questions
   Is there a reason to be tense?
   Why shouldn’t I do acceptably well?
   Why do I find it threatening?
   What could happen that’s so bad?
   Remember or recognize that---
   The test is not the goal
   Real goal is to gain knowledge or an opportunity
   Other factors determine course grade or fitness for job
   The test does not measure your worth

2. **Notice Anxiety Early**
   Develop habit of recognizing signals of mental distress early
   Do something about them
   Avoid allowing anxiety to take over
3. **Learn to Relax**
   Train yourself to stay calm
   Find your own best way---Yoga, deep breathing, stretching, exercising
   Decide not to be scared

4. **Practice**
   Start practicing calm in minor annoyances
   Work up to test situations
   Practice relaxing
   “Practice makes perfect”

5. **Prepare Well**
   Failing to put in adequate study increases chance of doing poorly
   Practice “teaching” the material
   Test yourself---test yourself---test yourself

6. **Put Anxiety in Perspective**
   Realize that many people get shook up over exams
   Getting shook up is not mental illness
   Practice in controlling anxiety often does the job

**Conclusion**
* Try to put you’re anxiety in perspective. On the scale of your life, this test is quite small. Keep this in the back of your mind, always.

* Prepare as well as you possibly can. Success on one test may go a long way toward winning the anxiety battle. Test yourself even more thoroughly than you expect the teacher to. You will need time to do this.

* If your anxiety is not overcome by using the six steps given above, two or three sessions with a psychologist might be helpful---not therapy in the traditional sense, but just a little training in anxiety control.