

# UNDERSTANDING TEST ANXIETY

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## CAUSES AND ELIMINATORS

### CAUSES

Apprehension of not living up to other's expectations of you.

Allow grades to determine your personal worth

Fear of losing affection of significant people in your life if you don't succeed.

Feel helpless with no internal locus of control - no control over what happens.

### ELIMINATORS

Set your own goals and try to attain them. Don't let others determine your aspirations.

Understand that a grade is only an approximate measure of your performance. Grades don't determine your worth as a person; they are only a guide to help you determine what you need to review.

Know that people like you for a variety of reasons, which have nothing to do with the grade you receive on a test.

Take control of your life and improve your study habits. Prepare for your next test and see the relationship between the amount and quality of your studying and the grade you receive.

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## TIPS FOR REDUCING TEST ANXIETY

1. Learn to relax  
Muscle relaxation exercises help you control the physical symptoms of test anxiety.
  2. Face your fears and accept the fact that you have a problem.  
This way you are in charge of eliminating the causes of your anxiety. Define your fear and determine its origin.
  3. Become task oriented and give total attention to the test.  
While papers are being passed out, silently review what you have studied.  
Fight distractions.
  4. Engage in positive self-talk and replace negative thoughts with positive ones.  
ØI studied hard and I will pass this test. - ØI am well prepared and I'll do my best.
  5. Improve the way you prepare for tests.
  6. Learn to recognize signals - increased pulse rate, excessive perspiration, shallow breathing, sweaty palms, upset stomach, headache- that you are becoming anxious and then try relaxation exercises.
  7. Dress comfortably for tests.  
Dress in layers.  
Wear loose-fitting clothes.
  8. Arrive on time at test site.
  9. Develop a test-day tradition.  
Wear a good luck outfit.  
Go somewhere special after the test.
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