Test Anxiety

Anxiety during an exam is perfectly normal. But if anxiety severely affects your ability to perform and impairs your concentration and your memory, then you are probably suffering from Test Anxiety. This problem needs to be dealt with in a professional way. If you “blank out” during exams, please seek professional help.

How to reduce levels of anxiety:

- Prepare for your exam by studying the material well and revising it as many times as you can. Do not leave studying for the last few days.
- Avoid conversation with students who have not prepared or express negativity.
- Organize your test tools before you sleep.
- Sleep minimum of seven hours the night before your exam.
- Give yourself enough time to do everything you need to do before the exam so as to arrive a little bit earlier.
- Have a small meal before the exam, best is fresh fruits and vegetables. Avoid junk eating before exams.
- Try to be confident and view the exam as an opportunity for you to show what you have learned, no more, no less.
- During the test:
  - Sit in a relaxing position
  - Read questions and directions carefully
  - Distribute test time according to percentage of grade given
  - Skip questions that blank you out
  - If you tense up during the exam, take deep breaths and remind yourself that you are doing your best, and that some anxiety is normal and healthy to keep you motivated.

Good luck on your exams!