

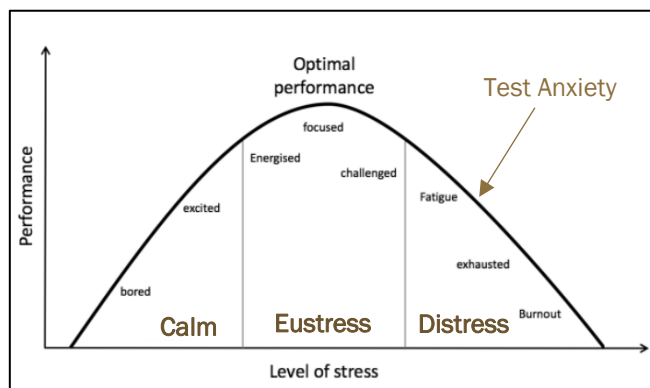
Understanding Test Anxiety

❖ WHAT IS TEST ANXIETY AND WHY CAN IT OCCUR?

- “Test anxiety is a feeling of agitation and distress associated with test taking, which impacts your ability to study or perform on the test” (SHCS UC Davis, 2019).
- Can occur due to pressure of “**perfectionism**” which is a set of beliefs, feelings, and behaviors aimed at excessively high and unattainable goals.

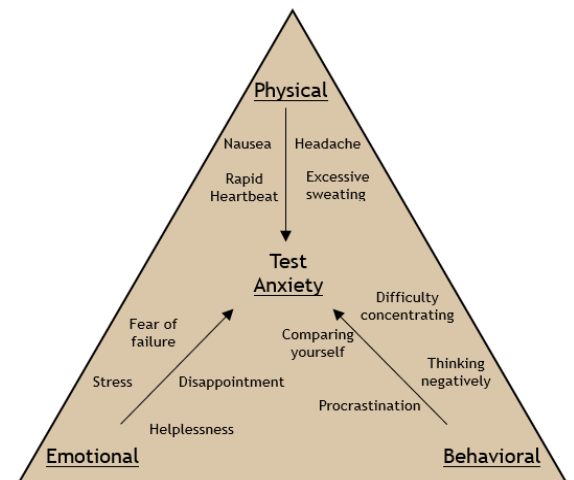
❖ HOW DO STRESS AND TEST ANXIETY RELATE TO EACH OTHER?

- Eustress 😊 – A form of stress having a beneficial effect on health, motivation, performance, and well-being.
- Distress 😞 – A form of stress with negative implications and causes poor performance.



❖ WHAT SYMPTOMS CAN OCCUR DUE TO TEST ANXIETY?

- Can experience physical, emotional, or behavioral symptoms.
 - Physical – nausea, headache, rapid heartbeat, excessive sweating
 - Emotional – fear of failure, stress, disappointment, helplessness
 - Behavioral – comparing yourself to others, thinking negatively, difficulty concentrating, procrastination



❖ SO, WHAT CAN BE DONE TO OVERCOME TEST ANXIETY?

- Achieve resilience through academic buoyancy!
 - Academic buoyancy is defined as “a students’ ability to successfully deal with academic setbacks and challenges that are typical of the ordinary course of school life” (Martin and Marsh, 2008).
 - Utilize the 5c’s of academic buoyancy to set yourself up for success and overcome test anxiety!

Understanding Test Anxiety

❖ WHAT ARE THE 5 C'S OF ACADEMIC BUOYANCY: (IN MARTIN & MARSH, 2008)

Composure

(low anxiety)

The ability to remain calm in an anxiety provoking situation and replace negative thoughts with positive ones.

Confidence

(self efficacy)

The ability to accept and face your fears and obtain belief in your ability to complete a given task.

Commitment

(persistence)

The ability to set your own goals, stay on task, resist distractions, and recover from setbacks.

Control

(low uncertain control)

The ability to feel/know that you are in control of your own learning and the way you attribute the causes of success and failure.

Coordination

(planning)

The ability to plan, monitor, manage, and complete tasks within a specific timeframe.

❖ TIPS TO REDUCE TEST ANXIETY AND ACHIEVE ACADEMIC BUOYANCY:

BEFORE EXAM:

- Ask professor or TA about the format of the exam.
- Create and follow a study schedule.
- Replicate the testing environment.
- Practice and self-test.
- Do not cram!!!
- Take proper care of yourself – eat and sleep well!

DURING EXAM:

- Arrive early and dress comfortably.
- Calm your body, thoughts, and emotions, and engage in positive self-talk.
- Read the exam one-time through before answering questions.
- Do all problems you are sure of first – go with your first instinct!
- Focus only on yourself and work at a reasonable pace.

AFTER EXAM:

- Relax and reward yourself – you're done with it!
- Write down how you can improve your test taking approach, and what worked/what didn't work in preparing and taking the exam.
- Note the kinds of questions you missed and keep those available when it comes to future exams.