

Rutgers Learning Centers

At Camden Campus

TESTS: ANXIETY REDUCTION

◇ Test anxiety can be manifested physically and mentally before or during a test.

Physical symptoms include: Sweaty palms, nausea, nervousness, yawning, hunger pangs.

Mental symptoms include: Fear, dread, irritability, confusion, panic, mental blocks, or feelings of helplessness.

◇ Avoid test anxiety before the test by being prepared.

Ask your professor to discuss the material that will be covered and the form of the test, which will determine the way you prepare:

Recognition: Multiple choice, matching or true/false

Recall: Short answer or essay

Be aware of potential test questions as you study. Create your own test-in- process. Answer the questions completely and accurately.

Don't cram. Frequently review notes and text as material is learned. Use mapping or outlines to establish relationships in the material. Read, write and recite (Cornell Note taking and SQ4R.)

Form small study groups to review potential questions. Stay focused on material. Remember, anxiety is contagious.

Stay fit physically: Eat right, exercise, and get enough sleep.

Stay fit mentally: Focus on success. You know what you know.

Stay fit emotionally: Praise your hard work.

◇ Avoid test anxiety during the test by being focused.

Don't: sit near anybody or anything that will distract you.

discuss the test until after you have taken it.

cram at the last minute.

change your answers unless you're absolutely sure you're right.

Do: take several deep **breaths**, **tense** muscles for ten seconds, **relax**.

read instructions thoroughly; ask professor to clear up any confusion.

focus on questions with highest point value; answer the easiest first.

place a mark beside the questions you want to review again.

◇ Avoid test anxiety in the future by being organized.

Analyze your past tests to improve performance.

Acquire better organizational skills.

Adopt behavior to ensure physical, mental and emotional well-being.

For more information, visit or call your nearest Rutgers Learning Center, or visit our website:<http://rlc.rutgers.edu>

Camden
Armitage 231
856/225-6442

College Ave
Kreeger LRC
732/932-1443

Cook/Douglass
Loree 124
732/932-1660

Livingston
Tillett 111
732/445-0986

Newark
Conklin 126
973/353-5608