

## Handling Panic and Test Anxiety



- Be prepared. avoid all-night cram sessions.
- Notice, then STOP negative self-talk.
- If you find yourself thinking or saying to yourself: *"I know I'm going to do poorly on this test", "I hate tests", "I can't concentrate. What's the matter with me?" "What if I flunk this test?"*
- **THEN CHANGE YOUR THINKING TO:**
  - *"I'm going to do great on this test", "I know I can do well", "My concentration is great today", "I'm trying my hardest and it is going to pay off".*
  - Consider the worst thing that could happen. Doing poorly on a test cannot stop you from succeeding in college, it will only slow you down.
  - If you feel that you are panicking, breathe deeply, inhaling through your nose then exhaling through your mouth. The deeper and slower you do this exercise, the greater the benefits.
  - Affirm the desired result. Visualize success: The exam returned to you with an "A" circled on the top!
  - Find a friend that can serve as a sounding board. If all else fails see a counselor.
  - A moderate level of anxiety is normal and can help motivate you. It signals that you are concerned about the outcome.

### WHAT CAN BE DONE ABOUT THE PHYSICAL SIGNS OF TEST ANXIETY?

- *Relaxation techniques*
- *Steady breathing*
- *Progressive muscle relaxation*
- *Focusing on a word that has positive and soothing connotations*
- *Use of guided mental imagery*

### OTHER TIPS FOR SUCCESS

- You may panic in a test due to incomplete knowledge or from not having studied enough. Therefore adequately prepare for tests.
- Attend classes
- Talk to your professor and/or other people in the class about the material
- Look over the old tests and attend review sessions, if given.
- Read all directions on the test, underlining key words before writing anything down.
- Budget your time by checking your progress every 15 to 20 minutes
- Move on to the next question if you find yourself blocking
- Ask for help interpreting questions you don't understand.
- In most instances, answer the easiest questions first
- Arrive for the test on time and bring the necessary pens, pencils, instruments, identification, etc.
- Studying should be a review process not the learning of new materials.
- Avoid cramming
- If you have to cram do it two nights before the test so you can get some sleep and have time to assimilate the material.

For personalized one-on-one training call the TRIO Student Support Services @ 651-4441 or stop by our office at the College of Southern Nevada, Rm 1120, Cheyenne Campus.