

# UNDERSTANDING TEST *Anxiety*

CAUSES	SOLUTIONS	TIPS TO REDUCE ANXIETY
<b>Apprehension</b> Apprehension of not living up to other's expectations of you.	<b>Goals</b> Set your own goals and try to attain them. Don't let others determine your aspirations.	<b>Relax</b> Muscle relaxation exercises help you control the physical symptoms of test anxiety.
<b>Grades</b> Allowing grades to determine your personal worth	<b>Guides</b> Understand that a grade is only an approximate measure of performance. Grades don't determine your worth as a person; they are only a guide to help you determine what you need to review.	<b>Accept</b> Face your fears and accept that you have a problem. This way you can eliminate the cause. Define your fear and determine its origin.
<b>Fear</b> Fear of losing affection of significant people in your life if you don't succeed.	<b>Friends</b> Know that people like you for a variety of reasons which have nothing to do with the grade you receive on a test.	<b>Focus</b> Give total attention to the test. While papers are being passed out, silently review what you have learned. Fight distractions.
<b>Control</b> Feel helpless with no internal locus of control – no control over what happens.	<b>Habits</b> 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.	<b>Think Positively</b> Engage in positive self-talk and replace negative thoughts with positive ones.
		<b>Improve</b> Improve the way you prepare for tests.
		<b>Learn</b> Learn to recognize signs that you are becoming anxious and then try relaxation exercises.
		<b>Dress</b> Dress comfortably for tests. Choose layers of loose-fitting clothing.
		<b>Normalize</b> Develop a test-day tradition – like a "lucky" outfit!

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\*Adapted from Purdue University