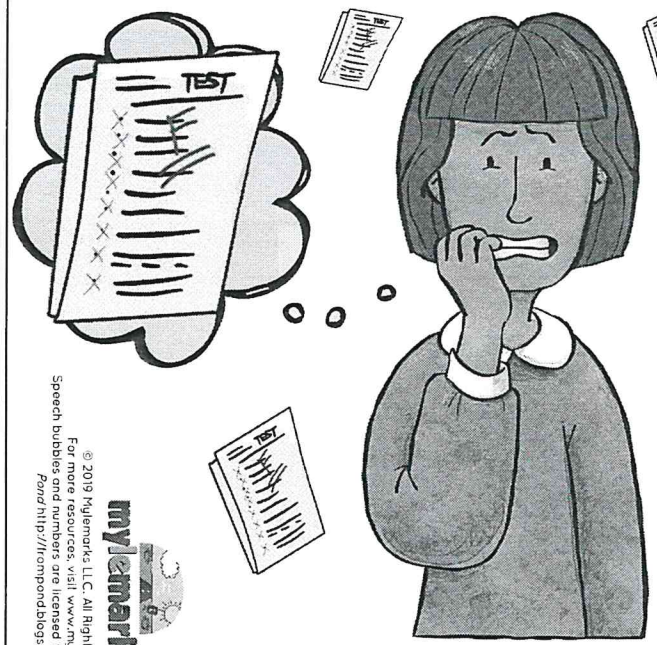


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TEST ANXIETY

What is test anxiety?

Test anxiety is the worried, nervous, or scared feeling that happens to you when it's time to take a test or a quiz.

How does it affect me?

You might experience headaches, sweating, nervous stomach, crying, trouble breathing, and a faster heartbeat. You may feel angry, worried, hopeless, helpless, and overwhelmed.

Test anxiety can also bring on negative thoughts. You might say things like, "I can't do it" or "I'm probably going to fail". You may also be thinking about the worst possible thing that can happen. Some people experience a "blank out" which means that they forget everything that they studied!

What can I do about it?

1. Be prepared! Do a good job studying so that you can feel confident about taking the test. Start studying a few days before, and make sure that you are understanding what you're reading.
2. Use positive self-talk to quiet the negative thoughts in your head. Say things like, "You can do it!" or "You've got this!" Picture yourself doing well on the test!
3. Find ways to calm your body before, during, and after the test. The more relaxed you are, the better you will be able to focus on doing a good job.
4. Take your time and focus on one question at a time. Take deep breaths and read each question carefully. Don't spend too much time on one problem.
5. Talk to a parent, school counselor, or teacher. They might be able to work with you to come up with coping skills that can help you be successful.