4 Methods for Handling Test Anxiety

There are several strategies to help deal with and overcome test anxiety. If your anxiety is a constant issue or escalates to a higher level, it may be beneficial to speak with a counselor. CUW offers free counseling services to students. Dave Enters (262-243-4211, AL 111) and Anne Spahr (262-243-4456) can assist you with long-term coping methods for anxiety.

**Prepare**

1. Start preparing for a test 1 - 2 weeks before to build your confidence.
2. Organize materials you may need for the test.
3. Get to the testing site with enough time to find a seat you prefer.

**Have a Positive Attitude**

1. Test scores do not determine your self-worth.
2. Use the test as an opportunity to show how hard you have worked.
3. Avoid speaking with classmates who are unprepared or express negativity.

**Stay Healthy**

1. Develop good sleeping habits - try to get 8 hours per night.
2. Start (or continue) an exercise program.
3. Eat right! Get your fruits and veggies, and AVOID processed food, carbonated soft drinks, caffeine, fried food, sugar, chips, and similar foods containing preservatives.
4. Take time for yourself! Read a book for leisure, spend time with friends/family, watch your favorite show, go for a walk - something that makes you happy 😊

**During the Test**

1. Read the directions carefully.
2. If necessary, count to 10 and take slow, deep breaths.
3. Stay on task - think about the next step (don’t let your fear distract you).
4. Skip questions you do not know and come back to them later.
5. If it is a multi-format exam, do the section you are “best” at first to build your confidence.
6. It is expected that you will have some anxiety - it keeps you determined and gives you energy!