

Test Anxiety

Test anxiety can be extremely frustrating, as it builds a wall between you and the information you have studied.

To overcome test anxiety, start studying early and don't cram. Practice good test taking habits by picturing yourself on exam day writing the test, answering the questions correctly and doing well. During a test, keep yourself calm and practice deep breathing if you feel yourself getting anxious. Absolutely avoid negative messages—keep it positive.

Want more study tips or struggling with test anxiety?

Talk to a **Learning Support Specialist!**

learningsupport@nlc.bc.ca

A Student's Guide to *Taking Tests*

Prepared by the
Learning Support Department for
Northern Lights College



Studying for Tests

Before writing a test, study until you feel **confident** with what you know.

- **Start studying early and regularly.** If you start reviewing a little bit every week from the beginning of the semester it will pay off during your final exams.
- Before a big test, make a study schedule: How many hours per week do you need to get through all the material? Schedule yourself daily study time.
- Find a good study space, and turn off your phone to avoid distractions.
- Be organized when you study:
 - Put all of your notes, quizzes, flashcards, and textbooks in one place
 - **Schedule specific tasks to make sure you stay focused:**
Instead of "2:30pm—5:30pm: Study Math," write:
"2:30pm—5:30pm: Read Math pages 15-25 and do questions 1, 2 & 4"
- Make flashcards if you need to memorize a lot of terms
- Review your notes, old tests, and do extra questions in your textbook
- **Study with a friend:** get them to quiz you, or try teaching them the material



ON TEST DAY

- Get a good night's sleep and eat before the test
- Avoid people who cause you stress
- Do something relaxing before the test
- Arrive early and prepared
- Bring all of the things you might need:
 - * Pens/pencils and eraser
 - * Calculator
 - * Watch
 - * Water bottle
 - * Study sheet/flashcards

Don't "cram" the night before the test!

Getting a good sleep has been proven to result in better test scores than staying up all night studying.

Negative thinking can cause test anxiety

Avoid calling yourself 'stupid' or telling yourself that you are 'bad at tests.' Remember all the hard work you have done and think positively.

WRITING THE TEST

1. Write down important formulas or definitions as soon as you get the test
2. Skim the test and figure out how much time you will need for each section, leaving yourself extra time at the end to look over your answers
3. Read the questions and instructions slowly and carefully
4. Not sure how to best answer a question? Make a draft on a spare piece of paper first
5. Skip a question if you don't know, put a star beside it and come back if you have time
6. After writing an answer, reread the question to make sure that you have fully answered the question
7. Show all your work on math problems
8. Close your eyes and take a few breaths if you feel nervous
9. Don't pay attention to how quickly your classmates finish

MULTIPLE CHOICE

- ◆ Cover up the answers and try to answer the question in your head first
- ◆ Watch out for the words "always" "never" "not" "none" "all" "only" "every"
- ◆ Make sure to read all the answers. Sometimes two answers might be similar but only one is right
- ◆ Cross out answers that you know are wrong
- ◆ If one answer says "All of the above," but you know one of the above answers is wrong, then the answer is not "All of the above"
- ◆ Is the question confusing? Try underlining the important information

