

# TEST ANXIETY & PERFORMANCE ANXIETY

## Test & Performance Anxiety

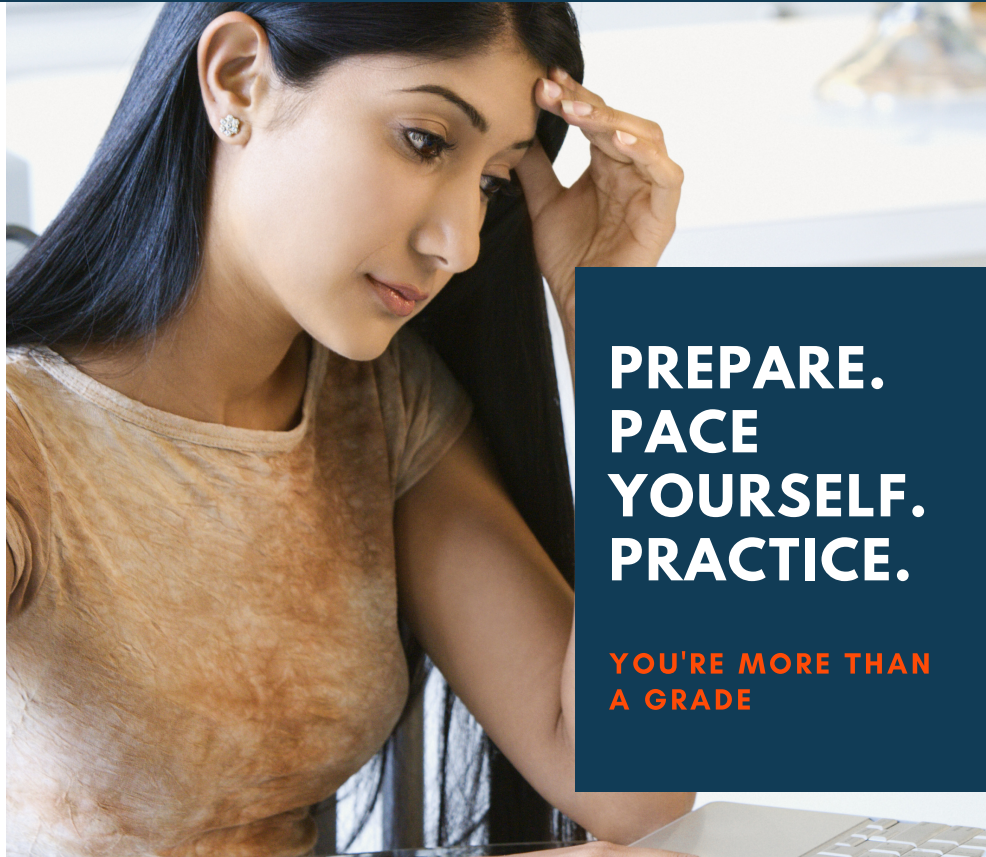
Anxiety is NOT the enemy. Moderate levels of anxiety can enhance our performance. However, too much anxiety can interfere with our ability to prepare and perform well.

### Preparation is Key

- Avoid cramming. If you can't cover everything, choose important sections you can cover well.
- When studying, quiz yourself on what questions you think will be asked, so it feels like you've been tested already.
- Organize your materials and meet with the professor or TA.
- Familiarize yourself with the test setting, and study or take a practice exam there, if possible.

### The Day of the Event

- Minimize stress-talking with others and avoid negative self-talk.
- Remind yourself of all the ways you've prepared.
- Limit caffeine and sugar intake.
- Eat a healthy meal before your event so you have energy and aren't hungry.
- Relax and move your body in the hour before the event to ease anxiety.



**PREPARE.  
PACE  
YOURSELF.  
PRACTICE.**

**YOU'RE MORE THAN  
A GRADE**

### During the Event

- **Expect** and **accept** that you'll feel some anxiety.
- Be **comfortable**, arrive early, and sit away from possible distractions.
- First **review** the entire test and read over the directions. Organize your time efficiently.
- **Focus** on what you know and answering the questions, not on your grades or others' performance.

### After the Event

- **Stop** for a moment to savor what went well.
- **Acknowledge** that you may notice anxiety while you await the results.
- **Remember** that exams only test what you know; they don't reflect who you are as a person.
- **Remind yourself** you have options to deal with any outcome
- **Reward** yourself and allow time to relax.

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## Relaxation Training

Practicing anxiety-reducing exercises like deep breathing or progressive muscle relaxation while preparing for a test or performance can make the exercises more effective when you need them.

If you notice a spike in anxiety, engage in **deep breathing**:

- Inhale for 6-8 counts
- Hold your breath for 4 counts
- Exhale for 6-8 counts
- Hold your breath for 4 counts

Allow the belly to rise and fall, keeping the chest still, repeating this process until you feel more relaxed.

## Campus Resources

### Habif Health and Wellness Center

Medical Services: 314-935-6666

Mental Health Services: 314-935-6695

Health Promotion Services: 314-935-7139

### Visiting Us

Habif is on the lower level of Dardick House on the South 40 on Shepley Drive. The Zenker Wellness Suite is in the Summers Recreation Center (room 303).

[habif.wustl.edu](http://habif.wustl.edu)



Habif Health and Wellness Center

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