

Kick that Test Anxiety!

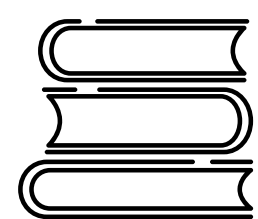
What is Test Anxiety?



A combination of **physical symptoms** and **emotional reactions** that may interfere with your ability to perform well on tests



Can occur **despite how well prepared you feel** for an exam



Prevalent in roughly **30-40%** of all college students

What does it Feel Like?

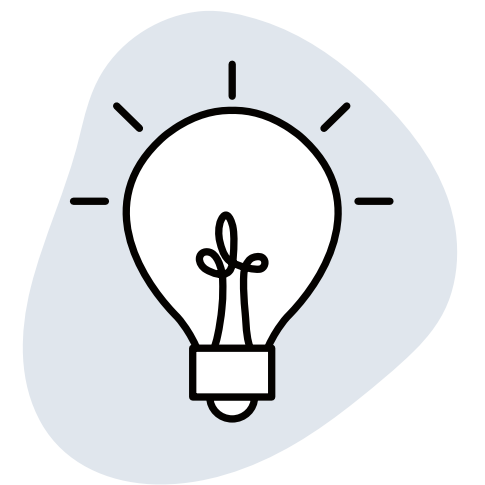
Physical Symptoms, like sweating, nausea, stomach pain, increased heart rate, and headaches

Emotional Symptoms, like self-doubt, stress, hopelessness, or fear / nervousness



How to Calm Yourself

- Take slow, deep breaths
- Relax typical areas of tension like your forehead, jaw and shoulders
- Reread test questions if needed and focus on one thing at a time



Self-Care Ideas for Exam Week



- Make your study space comfortable
- Use a study timer and allow yourself breaks
- Find music that allows you to relax and focus
- Allow yourself a full-night's sleep