Managing Stress & Test Anxiety

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Agenda

• Welcome
• Stress and academic anxiety
• Tips for managing stress and academic anxiety
• Campus resources
• Questions
Stress and Academic Anxiety

• Normal for college students to feel especially at busy points in the semester.
• Not all stress is bad- it can help you meet deadlines, work hard to perform better.
• Managing stress is important- it also can help calm the pre-exam jitters which are also known as test anxiety.
• Goal is to manage emotions for productive studying, and successful exams.
Managing Stress and Anxiety

- Take care of yourself: physically and mentally
- Form good study and classroom habits
- Focus on YOU
- Visualize success
  - Positive self-talk
- Test taking strategies
- Campus resources
Taking Care of Yourself

• Get enough sleep: not just the night before a test, but in general. Memory cannot be sharp or engaged without rest.

• Eat well balanced meals- get enough protein, and water.

• Do some physical activity- this does not mean you have to go to the PAC, but get outdoors, move a little bit in any way you can.
What causes test anxiety?

• Fear of failure.
• Lack of preparation.
• Poor test history.
• High pressure.
• Perfectionism.

• Failure is an event, not a person!
• The exam does not define you.
What to do about "it?"

Well before the exam...

1. Prepare
2. Engage in effective study techniques
3. Practice self-care
4. Talk to your professor!
   • Ask questions about the exam. This may help with fear of the unknown.
Before the exam: Form Good Class and Study Habits

• Study in the same environment: proper lighting, no distractions
  • Book a study room!

• Familiarity can help

• Set reasonable goals for exam performance

• Check out our information on learning strategies
During the exam: Focus on YOU

• Don't worry about what other people in your class are doing—do YOUR best.

• Focus on the present moment, not past "test" moments.

• Visualize success: prepare, but take a deep breath if you are nervous and remind yourself you are prepared for your exam.
Test Taking Tips

• Know the logistics of the exam
  • How long do you have to complete the exam?
  • Where will it be given?
  • Will it be during normal class time? In lab?
  • How will it be administered?
  • Do you need special software? A green/blue book? Use pen or pencil?

• Wear a watch, but not a smart watch!

• Use approved resources (note sheet, note card, etc.)
Test Taking Tips

• Look through the entire exam if you are able to- what makes up the exam? Know so you can split up your time.
• Brain Dump: write down EVERYTHING you remember on a blank piece of paper or back of exam before starting.
• Work on questions that are easiest first, move through them quickly, and build confidence.
• It's okay to skip questions and go back if you are able to.
• Try your best. You put the studying in- give it your all.
Campus Resources

• Need more study tips:
  • Check out Center for Academic Success tips/worksheets online, 1:1 academic coaching.

• Counseling Center: feel like things are unmanageable?
  • Check out the counseling center for online resources, as well as setting up an appointment with a counselor on campus.
  • TAO online; self-help tools.
Questions?