

Overcoming Test Anxiety

Most students report some amount of test anxiety.

Causes: Sometimes it can be a lack of preparation, but often the student still worries excessively even after intense preparation.

How Test Anxiety Can Affect Your Mind and Body: It is different for each individual, but symptoms can include headaches, sweating, nausea, fatigue, trouble sleeping and eating, fast and shallow breathing, muscle tension, difficulty concentrating, and being overly aware of others finishing the test faster.

How to Overcome Test Anxiety:

Strategies to use DURING the test:

- 4-2-6 breath – This literally takes less than 60 seconds
 - Close your eyes and take a cleansing breath – a big yawn and an exaggerated sigh.
 - Count to 4 while you breathe in (a diaphragm breath is more calming than a chest breath)
 - Count to 2 while you hold your breath
 - Count to 6 while you breathe out
 - Repeat the 4-2-6 breath for a total of 3 cycles.

Strategies to use throughout the semester:

- Visit the Center for Student Success to develop critical thinking skills, better study habits, time management skills, or to obtain tutoring for core nursing classes and general education classes. Contact the Director of CSS at 672-5957.
- Visit the Student Counselor (Debra Disney, 671-5177) to learn visualization, to develop relaxation techniques, and to explore strategies for changing negative thoughts into positive thoughts.
- Take care of your body. You can't expect your car to drive to Chicago without fuel. Similarly, you can't expect your mind and body to successfully get you to the end of the semester without adequate sleep, water, nutrition, and exercise.
- Build a support system. People need people. There is no glory in being a lone ranger. Join a study group. Allow family and friends to provide childcare. Let your pursuit of success be a team effort!

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