

Advice: Tests make me nervous!

Fear of test-taking is normal.

The feeling of fear or panic can make you feel helpless and confused.

Usually, students are nervous when they are not prepared.

When students are not totally prepared, they panic!

- Don't push the PANIC button.
The panic button helps you make small, avoidable mistakes, sometimes called "careless" mistakes.
The panic button makes you forget answers you know.
The panic button makes you feel like quitting.
The panic button makes you want to blame the teacher.
- Do push the SELF CONFIDENCE button.
The self-confidence button helps you see the test as a challenge and not a torture session.
The self-confidence button helps you see a test as a way to show your teachers how well you are prepared.
The self-confidence button makes you feel you are in control.
- Use the BRAIN-DUMP or SPLASHDOWN method before taking a test:
Take 2-3 minutes to fast-and-furiously write down any definitions, formulas, procedures, pictures, etc. before you start the test.
This method relieves test anxiety and inhibits memory blocks.

Remember: Be prepared! Repetition is the key!

Advice: Tests make me nervous!

Fear of test-taking is normal.

The feeling of fear or panic can make you feel helpless and confused.

Usually, students are nervous when they are not prepared.

When students are not totally prepared, they panic!

- Don't push the PANIC button.
The panic button helps you make small, avoidable mistakes, sometimes called "careless" mistakes.
The panic button makes you forget answers you know.
The panic button makes you feel like quitting.
The panic button makes you want to blame the teacher.
- Do push the SELF CONFIDENCE button.
The self-confidence button helps you see the test as a challenge and not a torture session.
The self-confidence button helps you see a test as a way to show your teachers how well you are prepared.
The self-confidence button makes you feel you are in control.
- Use the BRAIN-DUMP or SPLASHDOWN method before taking a test:
Take 2-3 minutes to fast-and-furiously write down any definitions, formulas, procedures, pictures, etc. before you start the test.
This method relieves test anxiety and inhibits memory blocks.

Remember: Be prepared! Repetition is the key!