



OVERCOMING TEST ANXIETY

GOAL

- To reduce the anxiety that may affect your performance while taking a test/exam.

STEPS TO TAKE

- Prepare to increase your study time (review homework, notes, vocabulary & practice tests) learn your material so well it can be recalled even under difficult conditions.
- Practice meditation or deliberate relaxation techniques to remain calm mentally and physically.
- Practice recalling successful positive experiences that have primed you to succeed when focused.

STEPS TO TAKE

- Emulate the testing requirements:
- Vocabulary test: On one side of a page list all new vocabulary words. On the opposite side of the page mix the definitions. Now, draw a line joining each word to its correct definition.
- Create fill-in the blank with key words missing that complete the explanation.

STEPS TO TAKE

- Pick a key topic and ask an essay question about it. Write for an hour as thorough as possible the answer. Include key learned words in your sentences.
- Upon completion of the above essay question review what more could have been included, check vocabulary used and definitions.
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- For math courses practice formulas and equations from class and homework problems.

For Tutorial Services Contact:

The Academic Resource Center

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Room 013

Phone: (314) 340-3650

For Counseling Services Contact:

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