

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.
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- 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?

