

# Test Anxiety Tips for Teachers

For many youth, taking tests can be an anxiety-provoking task. They might worry about how they will do on the test, whether or not they prepared enough, or how their grades will be impacted. These concerns are typically short-lived and do not negatively impact their well-being, self-esteem, or day-to-day life. In fact, some anxiety can be a helpful motivator to do well on the test. For other youth, however, test anxiety can persist, causing significant distress and impairment.



## Behavioral symptoms

- Asking for reassurance about test performance
- Expressing doubts
- Delaying start of test
- Difficulty finishing test



## Physical symptoms

- Shortness of breath
- Heart pounding
- Headaches
- Stomachaches



## Cognitive functioning

- Brain fog
- Second-guessing answers
- Memory impairment

## What can teachers do to help?

### ***Help develop good study habits.***

Encourage students to break content into smaller, more easily digestible chunks and discourage last-minute cramming.

### ***Provide grading opportunities for more than just tests.***

Allow students to demonstrate their learning in various formats: take home assignments, group projects, presentations, etc.

### ***Encourage effort and discourage perfectionism.***

Highlight and reward hard work instead of placing emphasis on grades achieved.

## When does test anxiety become problematic?

**Duration:** Does the worry happen only right before and/or during the test or does it start way in advance?

**Persistence:** Does the worry stop shortly after the test or does it last for much longer?

**Distress:** Is the worry only mild or does it significantly increase when thinking about the test (e.g., crying episodes, feeling overwhelmed, increased irritability)?

**Impairment:** Does the worry about the test get in the way of actually studying and taking the test?

# Test Anxiety Tips for Students

For many of us, taking tests can be an anxiety-provoking task. You might worry about how you will do on the test, whether or not you prepared enough, or how your grades will be impacted. These worries are typically short-lived and do not negatively impact day-to-day life. In fact, some anxiety can be a helpful motivator to do well on the test. For some people, however, test anxiety can last a long time, causing significant distress and impairment.



## Emotional symptoms

- Low self-esteem
- Doubting intelligence
- Sadness
- Anger/frustration



## Physical symptoms

- Shortness of breath
- Heart pounding
- Headaches
- Stomachaches



## Cognitive functioning

- Brain fog
- Second-guessing answers
- Memory impairment

## Preparing for the test

***Study often but for short amounts of time - instead of trying to cram at the last minute!***

***Get a good night's sleep.***

Your brain can work better and faster when it is well rested. Plus your memory of the material will be better if you've slept in between the last time you studied it.

***Eat something and drink some water before the test.***

## During the test

***Set time guidelines for yourself.***

For example, if the test is two pages of questions, make a note to move on to the second page halfway through the time allowed on the test.

***Try a breathing strategy to slow down your breath and heart rate.***

Box Breathing and Butterfly Breath are good breathing strategies to use.

***Give yourself five minutes at the end to check your work and make sure you answered all the questions.***

# Test Anxiety Tips for Parents

For many youth, taking tests can be an anxiety-provoking task. They might worry about how they will do on the test, whether or not they prepared enough, or how their grades will be impacted. These concerns are typically short-lived and do not negatively impact their well-being, self-esteem, or day-to-day life. In fact, some anxiety can be a helpful motivator to do well on the test. For other youth, however, test anxiety can persist, causing significant distress and impairment.



## Behavioral symptoms

- Asking for reassurance about test performance
- Expressing doubts
- Delaying start of test
- Difficulty finishing test



## Physical symptoms

- Shortness of breath
- Heart pounding
- Headaches
- Stomachaches



## Cognitive functioning

- Brain fog
- Second-guessing answers
- Memory impairment

## What can parents/caregivers do to help?

### ***Facilitate early preparation for the test.***

Help them prepare earlier (and in smaller chunks) to feel more confident going into the test.

### ***Remind the child of past successes.***

Empower them by reminding them of their hard work and perseverance in the past.

### ***Encourage effort and discourage perfectionism.***

Highlight and reward hard work instead of placing emphasis on grades achieved.

### ***Emphasize a holistic view of the self.***

Place value on other parts that contribute to a student's sense of self (e.g., friendships, family, personality) to help round their self-esteem and lessen anxiety surrounding academics.

## When does test anxiety become problematic?

**Duration:** Does the worry happen only right before and/or during the test or does it start way in advance?

**Persistence:** Does the worry stop shortly after the test or does it last for much longer?

**Distress:** Is the worry only mild or does it significantly increase when thinking about the test (e.g., crying episodes, feeling overwhelmed, increased irritability)?

**Impairment:** Does the worry about the test get in the way of actually studying and taking the test?