

Know The Signs of Test Anxiety



Physical

- Sweating
- Shaking
- Rapid heartbeat
- Dry mouth
- Fainting
- Nausea

Emotional

- Depression
- Low self-esteem
- Anger
- Feelings of hopelessness
- Distress
- Feelings of inadequacy

Behavioral

- Fidgeting
- Outright avoidance of testing situations
- Forgetfulness
- Self-doubt
- Negative self-talk

Hello!

It is officially the standardized test-taking season here at Osceola School District. With an increase in test taking I am sure you all have noticed an increase in anxiety among our students. Today I wanted to take the opportunity to discuss test-taking anxiety, its signs, and ways to combat it in the classroom.

Test-taking anxiety can be characterized by three different sets of symptoms; Physical, Emotional, and Behavioral. Often test anxiety can be the result of pressure to perform well, and fear of failure. This type of performance anxiety can interfere with a student's ability to do well in exams. Often it presents as pencil tapping, knee shaking, impaired cognition, and avoidance of tests in general. It is estimated that 25% of students in the United States Struggle with test anxiety. Of that 25% of students it is estimated that 10% are functionally impaired due to this issue. Test anxiety can drastically hinder a student's ability to perform well. This ultimately results in a decreased test score, lower sense of self-worth, and increased sense of distress.

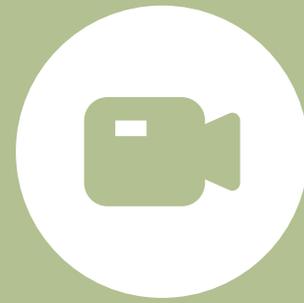
“Believe in the best ... have a goal for the best, never be satisfied with less than your best, try your best, and in the long run things will turn out for the best.”

– Henry Ford

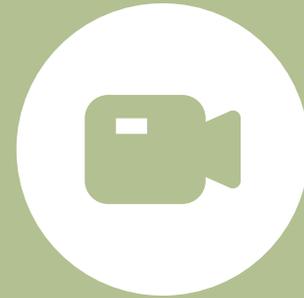
What Can Students Do to Decrease Test Anxiety?

- Prepare for the exam ahead of time
- Have a plan on how you will take the exam (Practice test taking strategies)
- Change your mindset → “This is an opportunity to show what I know!”
- Get sleep the night before
- Fuel your body with food
- Take a walk before you sit down for the exam
- Take 5 minutes before the exam to write down what your fears are about testing.
- Practice a breathing technique
- Practice mindfulness
- Drink cold water
- Take a break if you need it (Get up and stretch)
- Speak to a professional counselor!
- Explore if this is a learning disability, it is possible to get accommodations if needed.

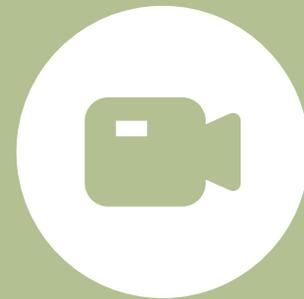
Check Out These Videos!



The Science of Learning and Fear



Box Breathing Technique



Head Space Breathing

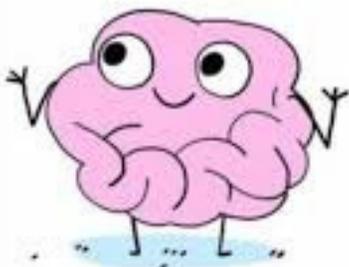
taking exam

Me: Hey Brain! Remember studying this stuff??

Brain: Yeah we totally studied that!

Me: Awesome! So what's the answer?

Brain:



Want to know more? Check out these resources.

- [Crisis Lifeline](#)



Contact Your Mental Health Navigator:

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