

## Why might you be anxious about exams?

Check any of the following thoughts that may cause, or have caused, you some anxious moments on test day.

- The instructor will be upset with a poor performance
- I'll be upset with a poor performance
- My parents will be upset with a poor performance
- I'll feel dumb if I don't do well
- A poor test grade will kill my GPA
- I mentally freeze
- My attitude is that tests are dumb anyway
- I know the material, but I freeze when I'm timed
- My mind drifts during the exam
- I tend to look at two or three test items at one time
- I suddenly realize I should have crammed the night before
- I speak to myself with a lot of negative self-talk (distortions)
- I have so much nervous energy I cannot focus
- I don't have confidence in myself; I always seem to score worse than I expect
- I fear what this exam will do to my future opportunities (e.g. jobs)
- Other people distract me with their movements
- I feel nauseous
- I feel tense from head to toe
- I do a lot of last-minute talking with friends about the exam

Now look at the items you checked. Do you notice any similarities among them? Closer inspection will reveal the following categories:

**(Y)** how you view **yourself**

**(O)** how **others** perceive you

**(U)** **unrealistic** goals (is your "sky" too high?)

**(T)** **thought** distractions

**(U)** for all your talk, you were just **unprepared**

**Y.O.U.T.U.** (YOU TOO) can conquer test anxiety

Retrieved from: Piscitelli, Steve. (2004). Study Skills: Do I really need this stuff? Prentice Hall, New Jersey.

<http://www.salc.wsu.edu/Content/Documents/salc/learning/ttstrategies.pdf>