MANAGING TEST ANXIETY... FOR TEENS

Test anxiety is a feeling of agitation and distress associated with test taking, which impacts your ability to study or perform on the test. Some anxiety is natural and helps to keep you mentally and physically alert, but too much may cause physical distress, emotional upset, and concentration difficulties.

Remember... there is no substitute for knowing the material. Being prepared for the test is the best way to reduce test anxiety! Expect to feel some anxiety – it's a sign that your body is making adrenaline to prepare you. Keep your thoughts optimistic... what you say to yourself impacts how you feel. Don't forget to eat well, sleep well and stay hydrated. Your brain needs fuel to function.

.
Test Day Tactics

1. **Preparation Matters:** Complete homework, practice tests, or seek extra help from teachers to be well-prepared.

2. **Arrive Early:** Being early to the test venue reduces stress from rushing.

3. **Strategic Approach:** Read instructions carefully and decide where to allocate most of your time on the test.

4. **Notes in the Margins:** Jot down reminders (e.g., formulas, names) in the test margins to ease worries about forgetting.

5. **One Step at a Time:** Focus on each question individually; avoid rushing or overthinking.

6. **Confidence Boost:** Start with easier questions to build confidence before tackling more challenging ones.

7. **Stay Focused:** Concentrate on your test, not on others' pace or progress.

If you have access to supports or accommodations for tests through an Individual Education Plan or otherwise, be sure to check in with your teacher before the day of the test.

Fun Fact: Did you know that research has found that people who say "I'm excited" before a test do better than those who don't say they are excited. People who feel excited (or tell themselves they are excited) perceive situations as challenging *but* **manageable, which can lead to a more positive outcomes to the challenge.**
A. Brooks Harvard Business School 2012

SEL Spotlight
SD44 SEL/MH Team March 2024