**Test Anxiety Assessment Academic Success**

**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?)

1. **thought** distractions
2. 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>

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