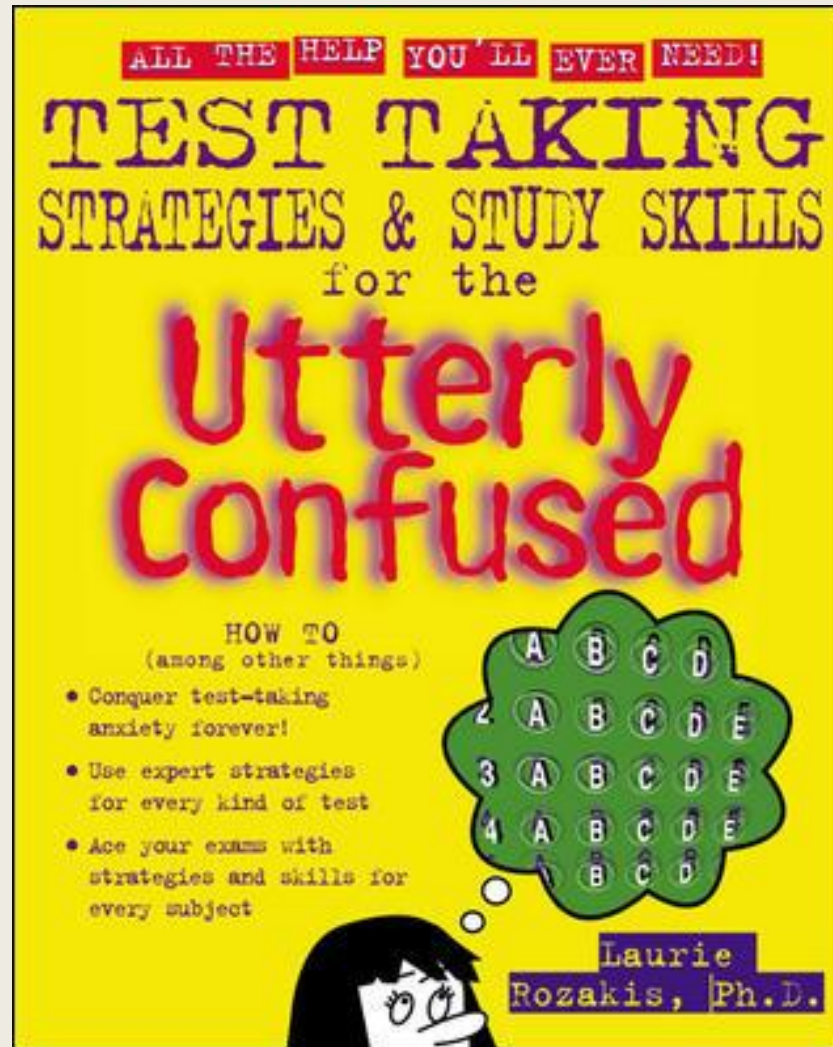




**Helping Your  
Student Manage  
Test-Taking  
Anxiety**



The following strategies are taken from Chapter 19 of Laurie Rozakis' book *Test Taking Strategies & Study Skills for the Utterly Confused*.



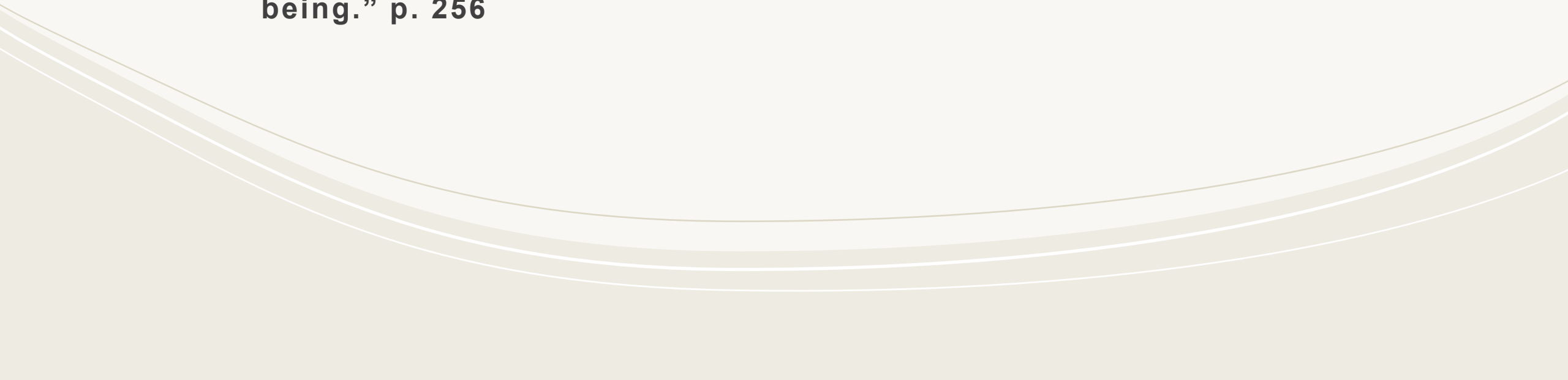
# Five Ways to Conquer Assessment Anxiety

# **Downplay the Test**

**“Instead of thinking of the test as ‘The Worst Day of My Life,’ ‘Doomsday,’ ‘The Kiss of Death,’ or ‘My Personal Waterloo,’ think about the test as one more hurdle to overcome. Be casual when you talk about it, and don’t let your classmates, parents, or instructors push your panic button.” –  
256**

# **Don't Dismiss Your Fears**

**“Recognize that tests do matter, some more than others. Nonetheless, even in the most pressurized test situations, the test will never be the sole measure of your qualifications. And a test certainly has nothing to do with your worth as a human being.” p. 256**

The bottom of the slide features several decorative, overlapping wavy lines in shades of light beige and cream, creating a soft, flowing border.



# **Build Familiarity**

**“Knowing what’s going to be on the test and the form it will take can go a long way to reducing test anxiety.” –p. 256**

# **Learn (and use!) Relaxation Techniques**

**“Use visualization and breathing techniques to overcome your fear of failure. Visualize or imagine yourself doing well—filling in the blanks or writing the essays with confidence....If you feel yourself losing control, take slow, deep breaths to calm yourself.” –p. 256**



## **Be optimistic.**

**“...studies have clearly shown that people who approach tense situations with an upbeat attitude do better than those who trudge in feeling defeated. Imagine yourself achieving success rather than failing.” –p. 256-257**



## Quick Tip

**“Take comfort from the fact that a minor case of nerves can actually help you do well on a test (especially a standardized test) because it keeps you alert and focused on the task at hand.” –p. 258**





# Overcome Math and Science Anxiety

Myth	Test Fear	Shatter the Myth
Math calls for logic, not creativity.	You can't do well if you're a creative rather than logical thinker.	Mathematicians and scientists recognize and embrace the need for creativity in their work.
Math problems can be solved only one way.	You can't pass the test if you don't know the "right" way to solve each problem.	Math problems can be solved in a variety of ways. Here's where creativity comes into play.
Science experiments have only one right answer.	If you don't get the "right" answer, you're doomed to failure.	Thank goodness scientific experiments have more than one right answer; otherwise, we wouldn't have such important discoveries as penicillin—a lifesaving medicine discovered by accident!
Good math and science students have broken the secret code for success.	If you don't have the secret decoder ring, you're doomed to failure.	Here's the secret to doing well on math and science tests (and classes): hard, consistent effort and good study skills. It's the same "secret" you use on all your other tests.