

Text Anxiety Strategies

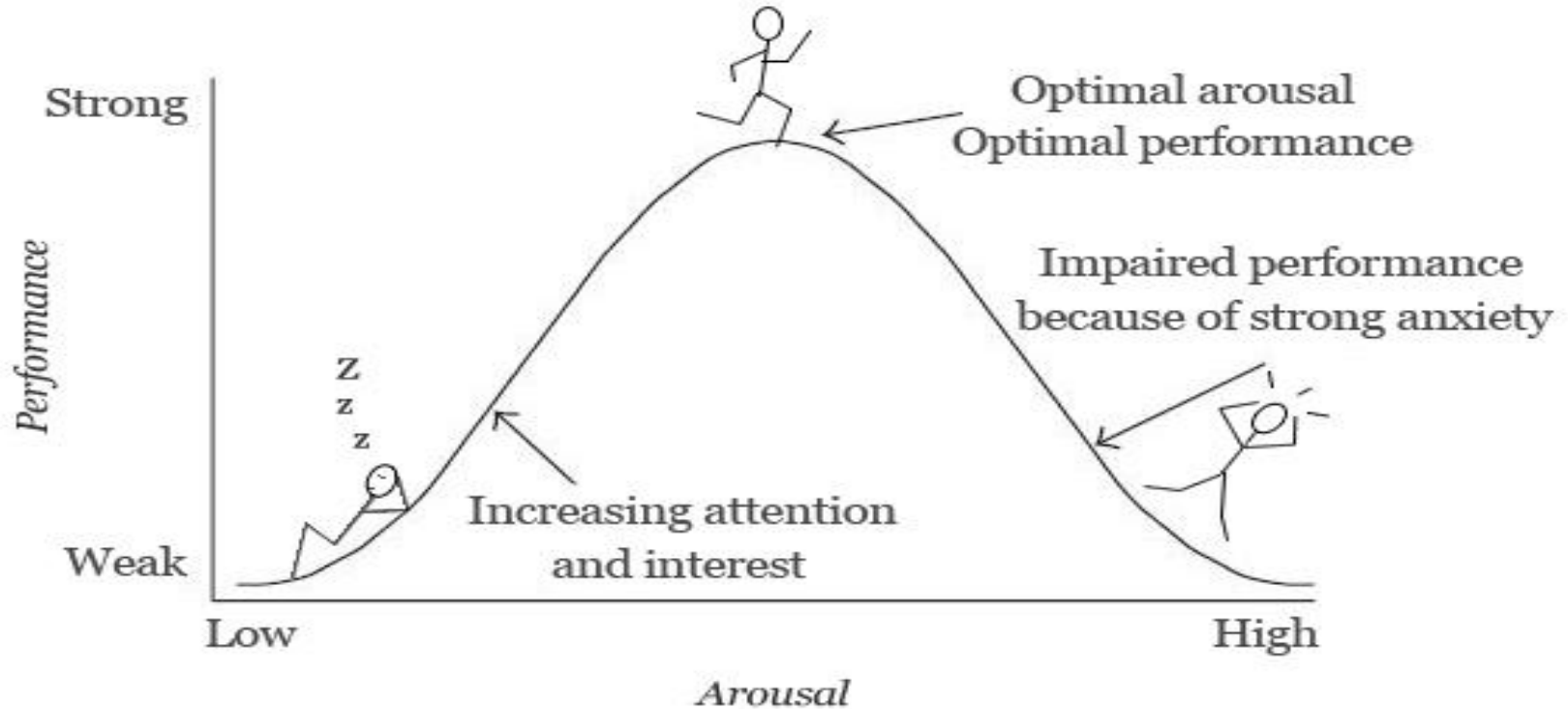
Kortschak Center for Learning and Creativity
Presented by: Karen Preciado

WHAT IS ANXIETY?

- **Anxiety**: a state of uneasiness- focused on the possibility of failure, danger, or misfortune - that causes you distress
- **Academic anxiety**: type of fear, nervousness, or apprehension about any form of academic activity
- **Test anxiety**: worry caused by having to take a test.



YERKES-DODDSON LAW: TEST ANXIETY



Cognitive Strategies

MINDFULNESS

"Mindfulness means paying attention in a particular way; On purpose, in the present moment, and non-judgmentally" - Jon Kabat Zinn

Breathing Exercise:

- Exhale completely through your mouth
- Inhale through your nose to a mental count of **four seconds**
- Hold your breath for a count of **two seconds**
- Exhale completely through your mouth for a count of **six seconds**
- Now repeat this cycle three more times for a total of three-four breaths

THOUGHT JOURNAL

- Journaling is a healthy outlet in which to express yourself and deal with any overwhelming emotions
- Writing down your thoughts is a great way for you to become aware of how much your thoughts affect you



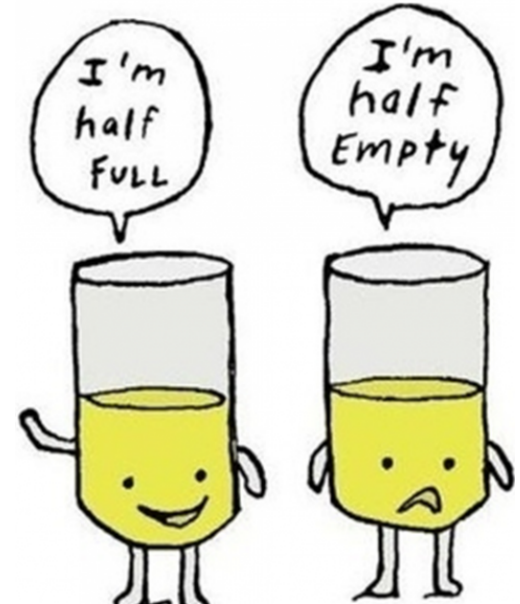
REFRAMING YOUR THOUGHTS

“My life has been filled with terrible misfortunes, most of which have never happened.” - Mark Twain

- Reframing involves identifying unhelpful thoughts and replacing them with more positive ones

Reframing Tactic:

- Ask yourself: “What is the best way for me to accomplish this?”
- Ask yourself: “What can I learn from this?”
- Challenge your assumptions



Learning/ Study Strategies

DEVELOP A STUDY SCHEDULE

- Prepare well in advance before an exam
- Make a checklist of everything you will need to review in order to feel prepares for an exam
 - i.e. Lecture notes, homeworks, quizzes, going to office hours
- Estimate how much it will take you to review each item on your checklist
- Divide up the tasks into the days you have before the exam
 - Break them up into manageable pieces and be as specific as possible!

	Monday	Tuesday	Wednesday	Thursday	Friday
Writing. 1	Reading 3 9:00-10:00PM	Reading 4 9:00-10:00PM	REVIEW 9:00-10:00PM		EXAM
History. 12B	Chapters 2-3 10:00-11:00PM	Chapters 4-5 10:00-11:00PM	Chapters 6-7 10:00-11:00PM	REVIEW 9:00-10:30PM	EXAM
Math. 19A		Chapter 3 11:00-12:00AM	Chapter 4 11:00-12:00AM	REVIEW 10:30-12:00AM	EXAM

THE DO'S AND DONT'S

Dont's

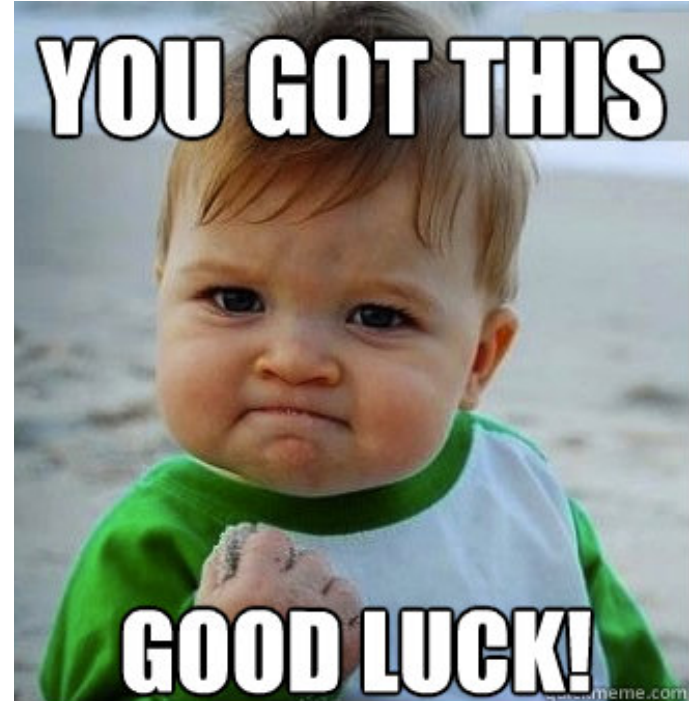
- Don't cram for an exam. The amount you learn won't be worth the stress
- Don't think of yourself or the test in a negative sense
- Don't stay up late studying
- Don't use the last few moments before the test for last minute cramming. Try to stay calm and use a relaxation technique

Do's

- **Do** remind yourself that the test is only a test
- **Do** focus on integrating details into main ideas
- **Do** reward yourself after the test with food, a movie, or some other treat
- **Do** something relaxing the last hour before the test
- **Do** tell yourself you will do your best on the test

CONCLUDING THOUGHTS

- If you find that your anxiety consistently interferes with your academic performance, please seek support
- Talking to others about your anxiety can help clear your mind and feel supported
- Remember that a grade does not determine your success as a student, nor does it measure your intelligence



REFERENCES

- Couillou, R. (2013). Academic anxiety: A guide for academic coaches
Dos and Don'ts of Dealing with Test Anxiety. (n.d.). Retrieved April 03, 2016, from
<https://pennstatelearning.psu.edu/test-anxiety#dosdents>
- McKay, M., Davis, M., Fanning P. (2007). Thoughts and feelings. New Harbinger Publications
- Stahl, B., Goldstein, E. (2010). A mindfulness and acceptance workbook for anxiety. A guide to breaking free from anxiety, phobias, and worry using acceptance commitment therapy. New Harbinger Publications.
- Breathing: Three Exercises. (n.d.). Retrieved April 03, 2016, from
<http://www.drweil.com/drw/u/ART00521/three-breathing-exercises.html>