Text Anxiety Strategies

Kortschak Center for Learning and Creativity
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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-DODSON LAW: TEST ANXIETY

Couillou, R. (2013)
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 prepared 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!

# THE DO’S AND DONT’S

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<tr>
<th>Don’ts</th>
<th>Do’s</th>
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<tr>
<td>• Don’t cram for an exam. The amount you learn won’t be worth the stress</td>
<td>• Do remind yourself that the test is only a test</td>
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<td>• Don’t think of yourself or the test in a negative sense</td>
<td>• Do focus on integrating details into main ideas</td>
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<td>• Don’t stay up late studying</td>
<td>• Do reward yourself after the test with food, a movie, or some other treat</td>
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<td>• Don’t use the last few moments before the test for last minute cramming. Try to stay calm and use a relaxation technique</td>
<td>• Do something relaxing the last hour before the test</td>
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<td>• Do tell yourself you will do your best on the test</td>
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Dos and Don’ts of Dealing with Test Anxiety. (n.d.)
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

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