



## ACADEMIC RESOURCE CENTER

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### Are You "Test Anxious"?

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- Are you aware of being really nervous on a test, maybe so nervous that you don't do your best and you lose points, even though you know you've studied well and are prepared?
- Does your stomach ever get tight or upset before or during a test? Hands cold and sweaty? Headaches? Do you have trouble sleeping the night before a test?
- Do you ever find your mind racing, or dull or "muddy," so that you can't think clearly, while taking a test?
- Do you ever forget, during a test, material you studied and learned, maybe only to remember it again later after the test is over?
- Do you "overanalyze" questions, see too many possibilities, choose the complex answer and overlook -- and miss -- the simpler correct one?
- Do you make many careless errors on a test?
- Have you had some bad experiences with tests...made poor grades when you didn't expect them?
- Do you spend a lot of time and energy studying and preparing for tests, yet fail to make grades that represent what you know? Do you lack confidence in yourself as a student because of this?
- Are tests and finals a particularly miserable time for you?

"Yes" answers to a number of these questions suggest that you may be "test anxious."

Of course, everyone is anxious about tests; if you weren't, you wouldn't try. A certain amount of tension is good; it acts as a motivator.

But it has been estimated that as many as 20% of college students may suffer from nervousness which is so severe that two things happen: their grades drop -- anxiety interferes with their mental processes and keeps them from doing their best -- and the quality of their life lessens -- they're miserable.

If you feel you may be test anxious, please read the handouts available in the Center, or make an appointment to see Rick Muthiah, Director of the Academic Resource Center (ext. 2314, [rmuthiah@georgefox.edu](mailto:rmuthiah@georgefox.edu)).