Test Anxiety Checklist

Review the following checklist items before exams to reduce your anxiety levels. If you do not meet each item, do not panic. Keep in mind that these strategies are supposed to help you, not create more anxiety before test taking. Remember to breathe, and always have a positive outlook.

✓ I adequately prepared for this test, using the study cycle, reviews, practice tests, etc.
✓ I practiced relaxation regularly, even right before the test.
✓ I practiced self-care in the days prior to the exam (sleep, nutrition, hydration, exercise, etc.).
✓ I have minimized caffeine intake during the past week.
✓ I made a list of relaxing and confidence building statements, have practiced them regularly, and am ready to use them during the test.
✓ I am on-time and organized for the test (watch, pen/pencils, paper, scantron, calculator, other ____________________).
✓ I will avoid entering the classroom until just as the professor walks in and avoid nervous people prior to the test.
✓ I will keep my focus on the present and gently return to the test should I become distracted.
✓ If I start to feel nervous, I will put my pencil down, take a deep breath and make calming, positive statements while practicing my relaxation for a minute or so.
✓ I have imagined I am doing my best on the exam. I can see myself looking over the test, writing answers, feeling calm, and turning in the paper with confidence.