I’m Freaking-Out Man!  
Minimizing Test Anxiety

Test anxiety is a mental negative feedback loop that limits how well you can do on a test. There are countless external factors that can act on test anxiety, and when you it manifests you can have physical symptoms like increased heart rate, cold and/or sweaty palms, rapid breathing, panic attacks, nausea, headache, and bacon. These physical symptoms can keep you from concentrating, understanding your reading, organizing your thoughts, remembering even if you studied.

Ways to Freak Out on a Test (Make Test Anxiety Worse)

1. The future depends on this exam: AHHHHHH!
2. I don’t need to study... the prof will just pass me... maybe... oh god AHHHHHH!
3. I’ve never been good at tests. I hate tests. I’m just not a test person... AHHH!!
4. My classmates are smarter than me... I’m just a “F” student, maybe I’ll pass this time... AHHH!!!
5. Oh man I’m running out of time... I’ll never finish even if I study... AHHH!!!
6. I will be fine. I’m not going to have anxiety or panic. Everything wi- OMG HAX WTH AHHHHHH!!!!
7. Ooooo! Hotness alarm! I wonder if he/she studied... oh man I would rather ask... OMG I have to start AHHHHHH!!!
8. It’s sunny/snowy/rainy/prettty animals/sports sports sports/ooo hot car this window is AHHHHHH!!!!
9. I studied so much. Geez I studied and I know its not going to make a difference and all that time is wasted AHHHHHH!!!
10. My other class is way cooler... I don’t need this stuff... why do I have to learn this pointless AHHHHHH!!!!
11. I’m running out of time! Bad clock! Bad! Stop moving seriously I have so much I have to AHHHHHH!!!
12. I feel like crap, woe is me I made myself sick studying, maybe I need to go to the doctor AHHHHHH!!!!
13. I’ve been up for like 3 days studying I got this REDBULL REDBULL REDBULL Re...zzzzzzzzzzzzzz

Zen and the Art of Taking Tests (Minimizing Test Anxiety)

1. Eat before you test!
2. Get a full night’s sleep. Staying up all night will magnify natural test anxiety by a million percent.
3. Attitude is SO important. Having a great attitude helps
4. Don’t talk and test! Avoid talking with people before an exam: others freaking out is contagious.
5. Expect that you’ll freak out a little bit: remember that is natural and healthy to freak out a tiny amount.
6. Positive thinking: I WILL rock this test, I will understand this material.
7. Focus on learning and studying first... not on your “grade.”
8. Study with people that want to learn.
10. Come a little early for your test: 5-10 minutes
11. Study for every topic differently: ask if you need help!
12. Read the directions carefully: focus on the test... not on yourself.
13. Skip questions you have trouble with: use test questions to “jog” your memory.
14. Don’t focus on other students who finish early. Take the entire time allotted for the test!
15. Re-evaluate constantly: What do I already know? What should I know? What can I do better on next time? Where did the test questions come from?
16. Ask your instructor for help after you learn how they structure their tests!
17. Zen is good. If you detect a freak out.... start quietly breathing deep breaths, close your eyes, and get comfy until it passes.

Pop Quiz: Did you read the directions effectively? Find the silly typo. REMEMBER TO READ DIRECTIONS.
The Art of Studying: Pictures and Procedures

1. **Story Mapping** (Base Knowledge & Concepts)
   - Cause
   - Effects

2. **"Herringbone Technique"** (Problem/Solution, Cause/Effect, Time Order Structures- Conceptual & Philosophical)
   - Who?
   - Did What?
   - When?
   - Main Idea
   - Where?
   - How?
   - WHY?!?!

3. **Cornell Note-Taking System** (Extremely Hard Topics)

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Ask about the test format

Compare your textbook with class notes (key terms, relations, main topics)

Use Active Reading: take notes on what you read/learn at least TWICE!

Take a Break! Every hour of studying take a 20 minute break.

Predict the test questions... what do you know about the teacher/class?

Write your predicted test topics on a blank page... from memory fill in as much as you remember about them... repeat!

Review your completed study sheets/notes 4-5 hours a day for a several days. 15 minute "mini" sessions are OK!

Study the test when you first receive it: think about the topics/questions.

Recall your study sheet: from memory, jot down your study sheet onto a scrap paper, (helps with critical thinking/essay questions)

Get In the Zone: Watch your time and predict how much time you will need to spend on each question. Positive thinking rules!