Test Taking Worries

Do you find that you are worrying excessively right before a test? Do you experience high test anxiety? Would your test scores be improved if you were able to think more clearly?

Perhaps you could try “Writing about Test Worries” to INCREASE your exam performance in the classroom.

FACTS

▶ A study done by the University of Chicago (January 2011) tested this intervention as a way to improve students’ scores.

▶ They found that simply writing about the worries in your head before a test could actually increase how you perform on an exam!

▶ Most students feel a high level of pressure or anxiety to perform well on a test…if you are one of those students, try this next time you have an exam.

STEPS

▶ Arrive to class early or give yourself ten minutes in a quiet place to do a short writing activity.

▶ Take about ten minutes to write down all your thoughts about the upcoming exam. There is no right or wrong to this, just simply write all the thoughts that are racing around in your head. The goal is to get them out of your head and down on paper.

▶ When complete, put the paper in an envelope and seal it. Place it away. If you would like, ball up the paper and throw it away.

▶ Go to take your test, leaving behind the worries of the exam. Your exam performance has a greater likelihood of increasing.