

# Test Anxiety: Longwood University Center for Academic Success

## Common Causes



### Common Causes of Test Anxiety

**Cause:** You are unfamiliar with the test.

**Cure:** *Learn about the test.*

- How many questions are on the test?
- What is the format of the test (multiple-choice, short essay)
- How much time will you have to take the test?
- How are your answers scored?
- What topics will be covered?
- What is an example of a question to be asked?

**Cause:** You feel unprepared for the subject being tested.

**Cure:** *Make an organized study schedule and stick to it.*

- Block off time each day during the week before a test
- Be able to define terms and concepts in your own words
- Look for similarities and differences between ideas you are learning about

**Cause:** You have negative or perfectionist thoughts.

**Cure:** *Counteract your negative thoughts with positive thoughts and actions.*

Negative Thoughts	Positive Thoughts
I always do poor on tests.	I've got a better study plan for this test than I had before.
This test is going to have trick questions.	The test is designed to show me what I know, and I know all of the formats of the questions.
Perfectionist Thoughts	Realistic Thoughts
There's an impossible amount of things to learn for this test.	I don't need to know the answer to every question, I just need to pass.
My knowledge in one of the topics is shaky.	I don't need to know everything about every topic. If I start now, I learn more about the areas I should focus most on.