

## Student Wellness Program

<http://ubhc.rutgers.edu/swp/index.html>

### Test Taking Anxiety

Test taking anxiety is a very common concern that affects students in all levels of academia. Anxiety surrounding exams is actually very normal and can even help to motivate students to study more efficiently. However, severe test taking anxiety can also be debilitating and impede one's ability to perform well on exams. It can lead to having trouble concentrating, difficulty comprehending questions and even the inability to recall information one knows well. Here are some tips to help you combat test taking anxiety:

- Be positive – Make efforts to engage in positive self talk to counter the anxiety by believing in yourself and your abilities.
- Practice Visualization – Prior to the exam time engage in positive imagery surrounding your exam (visualize yourself arriving early and relaxed for the exam, feeling prepared and confident, being able to manage any anxiety that arises and successfully completing the exam).
- Share your fears – Don't be afraid to discuss your anxiety with supports you trust. Chances are you are not the only one feeling this way.
- Relax – Be sure to take time to slow down in the days leading up to the exam to decompress. Take the night before the exam off from studying if you can.
- Get Enough Rest and Eat Well – Sleep and nutrition are important factors that one needs to practice regularly in order to recharge their batteries and fuel up – especially before an exam.
- Exercise – Physical activity can help reduce anxiety, promote concentration, and stay in shape.
- Don't Know the Answer? Move on – Skip questions you don't know, flag them, and come back to them once you have completed the rest of the exam.
- Breathe In, Breathe Out – Taking a good deep breath can really help to clear your mind. If you feel yourself getting anxious during an exam take a moment to breathe deeply and refocus.
- Stay Focused on You – Try to avoid engaging in conversation with others that may increase your feelings of anxiety (avoid those who are not prepared, tend to be negative or make you feel worse about your own abilities), comparing your study habits to others (everyone has their own study techniques), and don't worry if others finish their test earlier (it's ok to finish at your own pace).



RUTGERS HEALTH

### Student Wellness Program

Piscataway (732) 235-5933

Newark (973) 972-5429

Voorhees (856) 770-5750

<http://ubhc.rutgers.edu/swp/index.html>

Student Counseling  
Educational Training  
Consultations  
Psychiatry Services  
Orientations  
Crisis Debriefing

# SWP SERVICES

## SYMPTOMS OF TEST TAKING ANXIETY

- Increased heart rate.
- Cold and/or sweaty palms.
- Rapid breathing.
- Panic Attacks.
- Nausea or other GI symptoms.
- Headaches.
- Difficulty Concentrating.

The Student Wellness Program (SWP) is available to you and any family members residing in your household, should you be experiencing any stress based events.

All services are free and confidential. Your school has already provided this as another benefit to you. No information is shared with your academic program without written consent from you.

Not only is the SWP available for concerns related to stress, we also work with individuals, couples and families for reasons such as personal difficulties, relationship concerns, grief, anxiety, parenting issues, time management, and substance abuse assessments. Whatever your concerns, we are here for you. Currently the SWP is providing telehealth services via telephone or video. Feel free to reach out to us by telephone if you have any questions, concerns or would like to schedule an appointment.

We are a phone call away...



Piscataway:

(732) 235-5933

Newark:

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Stratford/Camden:

(856) 770-5750