



## Academic Demands and Test Anxiety

This may be the most common long-term cause of stress for college students. After all, that's why students go to college – to learn. When you don't get the results you think you should get, or you feel pressured to get certain academic results, this can cause a lot of stress. For some students, college is the first time they are academically challenged. If high school was a breeze for you, college may be the first time you get a low grade on a test. Consequently, test anxiety may be experienced for the first time or with increased intensity. Ways to manage or reduce the anxiety include:

**STUDY AS MUCH AS YOU CAN.** One of the causes of test anxiety is the fear that you didn't study enough. By studying as much as you can, you can reduce this fear.

**TRY TO MIMIC TEST TAKING CONDITIONS.** It might be taking practice tests, studying in the same classroom or building where you will be taking the test or doing practice problems under timed conditions. These steps can help familiarize you to otherwise unfamiliar test taking conditions.

**LEARN TO STUDY MORE EFFECTIVELY.** Maybe it's getting a tutor to help explain concepts, someone to double check your work or using something as simple as flashcards to study. Finding tools to help you study more effectively can make all the difference.

**FIND WAYS TO CALM DOWN.** What cools you down? Squeezing a stress ball? Taking deep breaths? Whatever relaxation technique you choose can help reduce the symptoms of text anxiety.

**WATCH YOUR DIET.** Eat well and eat properly. For example, too much caffeine can exacerbate the physical symptoms of test anxiety.

**GET ENOUGH SLEEP.** Research is clear that not getting enough sleep can impair one's memory and reasoning abilities. The more clear-headed you are, the less anxious you will feel.

**EXERCISE REGULARLY.** Exercise can release tension, and the less tension you feel as you go into the test, the better off you might be.