

## Test Anxiety

Test anxiety is a specific form of performance anxiety that affects between 5 and 10 percent of college students. Otherwise well-prepared and capable students freeze up and can't think. Some students report having a blank mind and being unable to recall what they have studied. Other students are distracted by thoughts that have nothing to do with the test. Still others become indecisive and can't choose between rival answers on multiple choice tests. All become bogged down, spin their wheels and become hopelessly inefficient. Many students with test anxiety don't know they have it, assuming instead that the problem is one of lack of preparation or lack of basic intelligence.

The Counseling Center has short-term services devoted to treating students with test anxiety.

Five outward signs a student might have test anxiety:

1. The student **over-studies** (e.g., studies all the time, studies late into the night, studies up until the last possible moment).
2. The student is an "**emotional studier**," meaning that there is an intensity or desperate quality to his or her studying.
3. The student is an "**inefficient studier**," meaning that he or she often puts off studying, goes over the same material or doesn't retain much of what he or she studies.
4. The student is "**test-bound**" or "**test-centric**," putting more emphasis on tests and test results than other students. He or she often talks about tests, either upcoming tests or tests gone by.
5. The student lacks **balance** in his or her life. He or she doesn't balance academics and a personal life, often doing nothing but studying. He or she finds it hard to take time off or relax.

How to refer:

You can refer directly to the Counseling Center by calling 226-4717. In setting up an appointment, make sure the student identifies that he or she wants to work on test anxiety.