

How to Reduce Test Anxiety - Action Plan

Step 1:

Do you suffer from test anxiety? Finish one of the following sentences based on the information presented in the workshop.

I believe that I suffer from test anxiety because:

I do not believe that I suffer from test anxiety because:

Whether you believe you suffer from test anxiety or not, all students can benefit from completing this action plan.

Step 2:

Which strategies will work for you?

List all of the strategies presented in the workshop that you feel will work for you as you try to overcome test anxiety and/or improve your test-taking skills:

Step 3:

Utilize campus resources. Take advantage of the resources on your campus that will help you overcome test anxiety and/or improve your test-taking skills.

- Talk to your advisor or a counselor.
- Talk to one of your instructors and ask for advice about how to prepare for exams in that particular class.
- Check with your learning/tutoring center and ask if they offer workshops or have any resources available on test-taking strategies or test anxiety.
- Ask other students how they combat test anxiety and prepare for tests.

Step 4:

What did you find out? Complete two of the action items in Step 3 and briefly describe what you learned:

