

# Tackling Test Anxiety

## EXTERNAL TRIGGERS

### VISUAL TRIGGERS

- Students getting up and turning in their tests
- A classroom becoming more and more empty
- People turning the pages of their exam
- The clock ticking away

### AUDITORY TRIGGERS

- Pencils dropping on the table
- Backpacks being zipped up
- Desks moving around
- The sound of clocks ticking
- The door opening and closing as people leave
- The sound of people outside the classroom

### POSSIBLE STRATEGIES

- Choose your seat wisely: Sitting up front and away from windows might eliminate distractions.
- Avoid the temptation to look up often. Stay focused on the exam in front of you.

### POSSIBLE STRATEGIES

- Drown out sound by sitting near a noisy fan or vent. Ask the instructor if you can use ear plugs.
- Develop a focus strategy and learn to study with controlled sounds.

**My Triggers**

**My Strategies**

Do you think you need testing accommodations? Contact:

Office of AccessAbility Services (OAS) | Wood 201

Monday-Friday: 8am-5pm | (860) 465-0189 | [accessability@easternct.edu](mailto:accessability@easternct.edu)

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## INTERNAL TRIGGERS

### I FIND MYSELF THINKING...

- How much brighter the other students are than me
- The consequences of failing
- I won't ever graduate...
- Time is running out!
- I didn't prepare enough
- The professor should offer more papers than tests
- I can't concentrate

### I FIND MYSELF FEELING...

- Panic
- Upset
- Nervous
- Disappointed
- Worry
- Angry/Irritated
- Frustrated

### I AM PHYSICALLY FEELING...

- Rapid breathing
- Stomach ache
- Generally uncomfortable
- Headache
- Nausea/Dizziness
- Feeling too hot or too cold
- Crying
- Clammy hands
- Grinding teeth

### COPING STRATEGIES FOR NEGATIVE THOUGHTS:

- Is your thought a true statement? If not, remind yourself of the positive work you've done to prepare, and the work you're putting into combatting your anxiety.
- Repeat some normalizing statements to yourself: I'm prepared for this; I can handle the situation; This feeling is normal and can be overcome; I'm in control; I'm going to focus on my strengths.
- Focus on things you've done to prepare.

**My Negative  
Thoughts/Feelings**

**My Coping Strategies for  
Negative Thoughts/Feelings**

Do you need more support for coping with test anxiety? Contact:  
 Counseling and Psychological Services (CAPS) | Webb Hall 423  
 Monday-Friday: 8:30am-4:30pm | (860) 465-0181