



Supporting student success & well-being.

December 2022

Taking the Tension Out of Test Anxiety

Not every student will experience test anxiety in the same way. Some students may struggle with severe anxiety that requires special counseling, and they may already be working with a support network to prepare for testing. Others with no history of anxiety may be struck by an acute moment of nervousness or fear that unexpectedly disrupts their ability to perform. In some cases, a sudden doubt in one's capabilities can be enough to shake a student's level of confidence.

Helping students prepare for their exams includes helping them understand the importance of taking the time to become mentally ready for the challenge ahead. **The following tips can help students at all levels create a test-taking plan of action that can be applied before, during, and after every major exam:**

- **Reach out for assistance.** If you know anxiety is a pre-existing concern for you, don't wait to seek guidance for how to address it. The sooner you get help, the better prepared you'll be to address anxiety-inducing events and activities.
- **Learn from your past mistakes.** You have an opportunity now to do something different and not repeat previous missteps. What will you do differently to make this examination period easier to manage?
- **Take deep breaths.** Deep breaths tell your brain that you are calm and safe.
- **Focus your attention on your breathing.** Feel the air enter and exit your body as you breathe. Try to fill your lungs first, and then try to fill your belly, pushing it out as you inhale. Exhale slowly through your nose after each breath.
- **Tune out negative self-talk.** Don't listen to the voice in your head that wants you to doubt your capabilities. You know the course material, and you should trust that you put the time in that was needed to prepare for your test.
- **Visualize your success.** See yourself walking out of the classroom having completed the exam and receiving a terrific score. Where do you go to celebrate? Who do you tell about your success? How will that high score help you reach your future goals?

WellConnect provides confidential consultations with a licensed professional for faculty and staff regarding student problems or concerns. In addition, our team is available to discuss behavioral and classroom management issues. If a student comes to you with a situation and you're not sure what to say, please call our 24/7 FAST-Line at 844-208-7070. The FAST (Faculty Administrator Support Team) Line can be a valuable resource for navigating complex, sensitive or high-risk student situations. Our counselors will consult with you on the situation and help you develop a plan to assist the student. Of course, you can give the student the WellConnect student number, 866-640-4777, and encourage them to call, or even dial the number and hand the student the phone in a location where they will have privacy while talking to a WellConnect counselor. Working collaboratively, we can help students achieve their personal, educational and career goals.



WellConnect is here for you and your students.

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