Tips for Reducing Test Anxiety

- Study using frequent short sessions.
- Get plenty of sleep.
- Eat the day of the exam!
- Avoid arriving too early or late to the exam.
- Avoid last minute studying; remember you are already prepared.
- Avoid listening to others or discussing the exam with others while you are waiting for the exam.
- Don’t forget to breathe! Take deep breaths. Don’t worry, nobody will notice!
- Don’t get bogged down and worry about questions you don’t know; move on.
- Reward yourself when you are finished with the exam.

TEST ANXIETY QUESTIONNAIRE

To complete the evaluation, read through each statement and reflect upon past test experiences.

Never=1 Rarely=2 Half-time=3 Often=4 Always=5

  ___ I have visible signs of nervousness such as sweaty palms, shaky hands, and so on right before a test.
  ___ I have “butterflies” in my stomach before a test.
  ___ I feel nauseated before a test.
  ___ I read through the test and feel that I do not know any of the answers.
  ___ I panic before and during a test.
  ___ My mind goes blank during a test.
  ___ I remember the information that I blanked on once I get out of the testing situation.
  ___ I have trouble sleeping the night before a test.
  ___ I make mistakes on easy questions or put answers in the wrong places.
  ___ I have difficulty choosing answers.

A low score (10-19 points) indicates that you do not suffer from test anxiety.

Scores between 20 and 30 indicate that, although you exhibit some of the characteristics of test anxiety, the level of stress and tension is probably healthy.

Scores over 30 suggest that you are experiencing an unhealthy level of test anxiety. You should evaluate the reason(s) for the distress and identify strategies for compensating.

Source: www.unc.edu/depts/ucc.html August 2001
Test Overview

-Four Areas of Concentration-

1. English (literature, reading, writing)
   a. Writing Skills
   b. Reading & Literature skills
2. Mathematics
   (general math, algebra, geometry)
3. Science (methodology, design, etc.)
4. Social Studies (chronology, US, etc.)

*MAY BE TAKEN IN ANY ORDER!

Testing Times:

Writing Section: Essay - 40 minutes
Short break
Two hours, 40 minutes for MC section.
188 questions divided equally
8 don’t count!

Test Format:
1. Multiple-Choice
2. Computer scored (except for essay)

Scores:
Four weeks. Scores sent to you and
usually selected school.
1. Passing - State: 235
2. Passing - MSU Standard: 265

Taking the Test:
1. Listen closely to oral directions.
2. Budget time.
3. Know what the question asks.
4. Briefly scan any text, figures, charts, or
drawings that accompany a question; then read
the question.
5. Answer every question. A blank answer is
always wrong; a guess may be right.

Multiple Choice Sections:
1. Read the stem and all answers before marking.
2. The more choices you eliminate, the better.
3. Be reasonable.
4. Watch for negative words.
5. Note absolutes such as all, no, best, as these
are more often incorrect choices.
6. “All of the above” is often used when all
   statements are correct unless it is a choice for
every question
7. Dates—if you don’t know the answer, eliminate
   the high and low and make an intelligent guess.
8. Watch for look-alike answers. It indicates focus.
9. Often, correct answers are longer or more
   inclusive.
10. Watch for clues such as an/a; is/are.

Essay Section:
1. Graders often don’t just count points made.
   They also grade on reasoning ability,
   relevance to questions, organization, complete
   answers, and clarity. Messiness and incorrect
   spelling may have a negative effect on the
   grader. Utilize: COPS
   (Capitals, Organization, Punctuation, & Spelling).
2. Organize intelligently. Give a statement then
   explain in more detail. One idea per
   paragraph. Include the best reasons in first
   few lines. End with a summary sentence.
3. Avoid unsupported opinions or statements.
   Give facts, details, reasons or examples to
   support your statement. Whatever the specific
   subject of the essay question may be, think of
   your essay as a way to convince the reader of
   the correctness of your answer.
4. Use complete sentences and transition words
   like next, first, last, consequently, on the other
   hand.

On-Campus Resources for C-Base Study

The Writing Center

Missouri State University’s Writing Center serves
all undergraduate and graduate students, faculty
and staff. All sessions are free!

The Center is located in Pummill Hall 401.

Hours:

Monday, Tuesday, Thursday
9AM to 7 PM

Wednesday
9AM to 9 PM

Friday
9AM to 3PM

Phone: 836-6398
Website: www.missouristate.edu/writingcenter

The Math Lab

The Math Lab is available for tutoring sessions.

Hours: Monday: 8am – 4pm · Tuesday: 9am –
5pm · Wednesday: 8am – 2pm; 3pm – 4pm ·
Thursday: 9am – 5pm · Friday: 9am – 2pm
Phone: 836-5112
Website: http://math.missouristate.edu/