

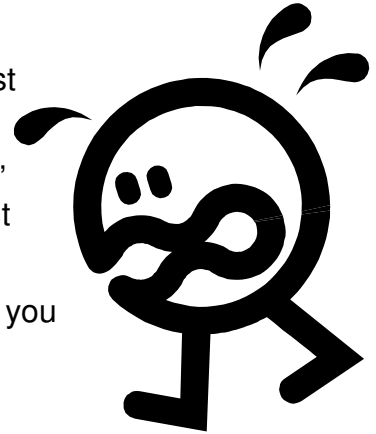
Managing

Test Anxiety

While anxiety may be uncomfortable, it is **NORMAL**. It is a typical reaction to wanting to do something well.

Things to remember:

- ◆ Tests are a snapshot of someone's knowledge. The GED test measures your ability to demonstrate through certain tasks certain skills on a certain day. It doesn't measure your overall intelligence or worth.
- ◆ **All** students have test anxiety. Successful students can be just as anxious as struggling ones.
- ◆ Anxiety is your body's way of saying, "This is important to me." The only students who aren't anxious at all during an important test and the ones who don't care.
- ◆ Some anxiety can actually increase performance. It will make you more alert and primed to perform well.



Fighting Anxious Thinking

Try replacing some of these common thoughts:

If you have this thought...	Try replacing it with this one:
I can't fail this test. It would be the end of the world.	This test is important to me, but it isn't everything. I can take it again.
Because I am nervous, I must be doing badly.	I am being graded on my answers, not how calm I am.
This is how I felt the last time I took the test and I failed it then. I must be failing it again.	I know more than I knew before. My hard work will pay off.
I can feel I am screwing up.	I need to focus on what I am doing, not how I feel.
I can't believe I can't solve #5.	I don't need to get all of the questions right. On to the next question.
This is too hard. I can't do this.	I am feeling overwhelmed. I just need to take this one question at a time.
I am an idiot for not knowing this.	I am not perfect. I don't have to know everything.
I should be having an easier time at this!	I am doing my best. That is all I can do.
If this question is so hard, they all must be!	That must have been a hard question. The next one might be easier.
If I can't pass this, I must be worthless.	This test is a chance for me to prove what I know. It is important to me, but if I fail, I am no worse off than I was before.