

DID YOU KNOW?

We offer individual and family psychotherapy, couples counseling, and group therapy!

We also offer business consulting; return to work evaluations, team building seminars, promotion assessments, trouble shooting and process consultations, and much more!

4411 Washington Ave.
Suite 300
Evansville, IN 47714
812-479-1916

Written by:
Hannah Frederick, USI
MSW Intern

Test anxiety is a real thing!

Test anxiety is a type of performance anxiety. A feeling someone might have in a situation where performance really counts or when feeling pressured to do well.

Test anxiety, like other anxiety reactions, affects a person's body and mind.

Causes of Test Anxiety:

- Fear of failure
- Lack of preparation
- Poor test history



There can be signs **physically** (headaches, nausea, rapid heartbeat, excessive sweating, and shortness of breath), **emotionally** (feelings of anger, fear, helplessness, and disappointment), and **behavioral/cognitively** (difficulty concentrating, negative thinking, and comparing yourself to others).

Ways to manage Test Anxiety?

1. **Ask for help:** Talk with your counselor at school, check out programs offered specifically for test-taking
2. **Be prepared:** Develop good test-taking skills, read directions carefully, answer questions you know confidently first, outline essays before you begin to write
3. **Maintain a positive attitude:** Accept mistakes, remember your self-worth should not be dependent on or defined by a test grade
4. **Stay focused:** concentrate on the test, not the other students
5. **Practice relaxation techniques:** deep, slow breaths, consciously relax your muscles one at a time
6. **Stay healthy, take care of yourself:** get enough sleep, exercise, and eat healthy (especially before taking the test!)

For more information about the services we provide at Luzio & Associates, please contact us at 812-479-1916 or check out our website <https://luzioassociates.com/>

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<https://adaa.org/living-with-anxiety/children/test-anxiety>**

**Lyness, D. (2013). Test Anxiety. *Teens Health from Nemours*. Web.
<http://kidshealth.org/en/teens/test-anxiety.html>**