

# Test Anxiety: General Reflection

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## What is test anxiety?

A stress response from your body.

## What causes this stress response?

Stress is our body's way of creating energy when faced with a perceived danger. In some situations, stress can help our bodies react to emergencies with more strength and efficiency. Unfortunately, our bodies can't always tell when we are in an emergency or not. Therefore, we may feel stress for things that are not a danger to our survival, such as taking tests.

Too much stress can lead to unclear thinking, mood fluctuations, and poor eating habits. It is helpful to identify your personal stressors and react when you feel your body increasing in stress.

## What does stress feel and look like for you? (ex: racing heart, clammy hands, stomachache)

## What do you currently do when you feel stress?

## Ideas to combat stress (in the week leading up to an exam): Choose all that you wish to implement

- Eat well and exercise
- Sleep at least 7 hours/night
- Take 5 deep breaths (in through the nose, out through the mouth)
- Continue to socialize with family and friends/take regular breaks
- Surround yourself with positive people
- Expect and accept some anxiety
- Following the test, reflect on what you did well and what you could improve upon
- Make a study guide
- Explain what you are learning to people around you (explaining it to others helps you learn!)
- Create flashcards
- Other (list here: \_\_\_\_\_)

Next time we meet, we will discuss the strategies that worked.