

# TEST ANXIETY

Exams have a significant role in our achievement and many other facets of our lives. Exams have been the factors that have been utilised to decide on our future lives.

Exam anxiety is a significant component of our life as exams are unavoidable.

We can feel test anxiety in many areas of our lives, especially in physical, emotional, cognitive and behavioral dimensions.


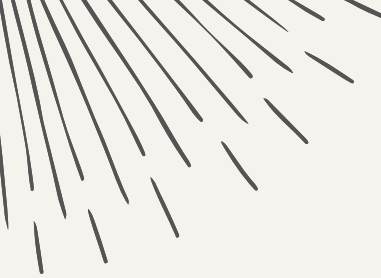
Intense anxiety, depressed mood, outbursts of anger, and catastrophic thoughts

**may accompany high test anxiety!**

**Before taking the exam we may experience symptoms like..**

- Nausea,
- Shake,
- acceleration of the heartbeat,
- Sweating,
- Stomach ache,
- Disturbances in sleep patterns
- Intense excitement and fear
- Anger and disappointment
- Despair,
- Insufficiency

In some cases, when it is difficult to cope with these experiences, the person may avoid the exams by not taking the exam.



Test anxiety can occur for many different reasons. Although these reasons vary according to individual factors, they can be discussed under a few headings.

- Making thought mistakes  
(Ex: I will fail this exam - catastrophizing thought error)
- High expectation of success of others around
- Thinking that exam results are an indicator of an individual's self-worth
- inefficient working styles
- Thinking that there will be no influence or control as a result of the exam
- The result of the exam negatively affects the interest of others.

While there are many different ways to deal with test anxiety, a holistic approach to emotional, physical, behavioral and cognitive dimensions will be much more effective.

- Learn effective study techniques and how to manage time while studying
- Learn exercises that will help you unwind and relax, such as breathing exercises, grounding techniques, and practice them before and during the exam.
- Take care of eating and sleeping properly, situations such as insomnia and hunger can trigger anxiety
- Do not hesitate to get professional support

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