



Types of Test Anxiety:

- 1- "Anticipatory anxiety" if you feel distress while studying and when thinking about what might happen when you take a test.
- 2- "Situational anxiety" occurs while taking a test.

Some anxiety is natural and helps to keep you mentally and physically alert, but too much may cause physical distress, emotional upset, and concentration difficulties.

Anxiety occurs in a wave, so it will increase from the time you first recognize it, come to a peak, and then naturally subside.

Causes of Test Anxiety:

Usually there is some real or perceived activating agent. It may be past experiences of blanking out on tests, or being unable to retrieve answers to questions. It could also be a lack of preparation for an exam, which is a real reason to be worried about your performance. In this case errors in time management, poor study habits, failure to properly organize material and cramming the night before the exam might increase anxiety. If you have adequately prepared for a test, your anxiety may result from negative thinking and worries. You might be focusing on past performances on exams, how friends and other classmates are doing, or the negative consequences you expect if you do poorly.

