

FOOD CHOICES NOT TO FOCUS ON:

- ◆ Processed foods high in fat and simple carbohydrates
- ◆ Sugar can give an energy rush, then crash. It can also make you jittery and nervous, then cause depression and anxiety after the rush.
- ◆ Alcohol reduces the ability to retain information.
- ◆ Appetite disturbances. You need to maintain healthy eating habits.
- ◆ Quick energy drinks may leave you jittery and your brain scattered.

BEFORE EACH TEST

- ◆ Practice some type of relaxation technique. There are many techniques.
- ◆ Before starting the test, take a couple of deep breaths and tell yourself "I am ready. I am confident. I can do this".

DURING THE TEST

- ◆ If you start to feel anxious, stop, turn your paper over and take a couple of deep breaths. Give yourself a "pep" talk and then continue with the test.
- ◆ Make a fist and squeeze tight. Relax and imagine your whole body relaxing.



REFERENCES

What to Eat Before a Test in College. Lucier, Kelci Lynn. About.com College Life. <http://collegefife.about.com/od/healthwellness/a/What-To-Eat-BeforeA-Test-In-College.http>

<http://www.mtsu.edu/~studs kl/>

Academic Resource Center, Utah State University, www.usu.edu/arc

Test Anxiety-Study Techniques and Skills for Copin7. Grand Canyon University. http://www.testprepreview.com/test_anxiety.htm

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Pathways to College Success



TEST ANXIETY



TEST ANXIETY (PERFORMANCE ANXIETY)

Test anxiety is a type of fear that may cause students to experience physical and mental side effects. Although a small amount of anxiety can be helpful by providing alertness and readiness, too much anxiety can create problems.

THE CAUSES

- ◆ Lack of preparation because of cramming the night before.
- ◆ Poor time management.
- ◆ Poor study habits.
- ◆ Stressed over past performances on tests.
- ◆ Negative consequences of being a failure.
- ◆ Worried how well other students are doing.

THE PHYSICAL SIGNS

- ◆ Perspiration
- ◆ Fast, shallow breathing
- ◆ Dry Mouth
- ◆ Tense Muscles
- ◆ Sweaty Palms
- ◆ Rapid Heart Beat
- ◆ Headache
- ◆ Upset Stomach

THE EFFECTS

- ◆ Going blank on test questions and remembering the correct answers as soon as you leave the exam room.
- ◆ Doing poorly on a test even when you are prepared.
- ◆ Having difficulty reading and understanding test questions.
- ◆ Having difficulty organizing your thoughts.

WAYS TO REDUCE THE ANXIETY

- ◆ Keep everything in perspective. This is a test, just a test. It does not reflect who you are, nor does it make you a good or bad person.
- ◆ Embrace the anxiety. Do not fight it and become frustrated, but use it to give you energy.
- ◆ Prepare for the test by having good study habits. Cramming for a test is a major cause of test anxiety.
- ◆ Relax before bed time and get plenty of sleep the night before the exam.
- ◆ Exercise is a great way to reduce stress but do not overdo it.
- ◆ Make sure you eat nutritious choices the day before and of the exam.
- ◆ Avoid massive intake of caffeine
- ◆ Avoid arriving too early or too late for the exam.
- ◆ Avoid listening to others before the exam. Their anxiety may rub off on you.
- ◆ Avoid negative thoughts! While you are breathing, think positive, encouraging thoughts.
- ◆ Avoid last minute studying.
- ◆ Prepare for your morning routine the night before or leave work a little earlier than normal to avoid last minute interferences.
- ◆ Do not panic over questions you cannot answer. Go to the next question, you may remember the answer later.
- ◆ BREATHE AND RELAX!!!

NUTRITION AND TEST ANXIETY

- ◆ Nutrition plays a huge part in how you handle stress an particularly test anxiety. Below are listed choices to focus and not focus on choices to help with stress.

FOOD CHOICES TO FOCUS ON:

- ◆ Whole grains and nuts including walnuts and almonds or a trail mix
- ◆ Fish, particularly wild salmon
- ◆ Berries, especially blueberries
- ◆ Pumpkin and sunflower are great choices. The brain processes seeds into serotonin a neurotransmitter that helps reduce anxiety.
- ◆ Mint or Cinnamon - candy or gum - helps with concentration and ability to recall.
- ◆ Protein - an energy bar or shake, fruit and peanut butter, cheese, or a healthy salad with protein

