



For Help, Call Today

The Campus Assistance Program

The Campus Assistance Program can help. A counselor will be available to assist you in finding the answers and resources that can help. CAP is a free service provided to you by the university. The CAP counseling services are short term. However, if long-term services are required and a referral to an outside agency is appropriate, the CAP counselor will work with you to find the services that would best help you. Any contact that you have with the Campus Assistance Program is **Confidential**.

How Do I Contact the CAP?

For more information or for an appointment with a counselor, please call: **(504) 568-8888**.

A counselor is on call and available to you 24 hours a day, seven days a week.

The CAP is located in the Human Development Center at 411 S. Prieur St. New Orleans, LA 70112.

LSUHSC Campus Assistance Program

About Us

The mission of the LSUHSC Campus Assistance Program (CAP) is to support the mental, emotional, and physical well-being of students, faculty, staff, and immediate family members in order to promote the overall health and effectiveness of the LSUHSC-NO community.

Contact Us

Phone: (504) 568-8888

Email: cap@lsuhsc.edu

Web:

<https://www.lsuhs.edu/orgs/campushealth/cap.aspx>



Campus Assistance Program

Human Development Center

411 S. Prieur St.

2nd Floor Office 233

New Orleans, LA 70112

Phone: (504) 568-8888



Campus Assistance Program



Managing Test Anxiety

*Prepared by the LSUHSC Campus Assistance Program.
(504) 568-8888*

Am I Experiencing Test Anxiety?

Most students experience some level of anxiety before or during a test, which can be a helpful motivating factor. However, when anxiety negatively affects test preparation and performance, it may require intervention. The following statements may help you determine if you need further assessment and/or assistance. Do any of these apply to you?

- The closer I am to a major exam, the harder it is for me to concentrate on the material.
- When I study for my exams, I worry that I will not remember the material on the exam.
- During important exams, I think that I am doing awful or that I may fail.
- I lose focus on important exams, and I cannot remember material that I knew before the exam.
- I finally remember the answer to exam questions after the exam is already over.
- I worry so much before a major exam that I am too worn out to do my best on the exam.
- I feel out of sorts or not really myself when I take important exams.
- I find that my mind sometimes wanders when I am taking important exams.
- After an exam, I worry about whether I did well enough.
- I struggle with written assignments, or avoid doing them, because I feel that whatever I do will not be good enough. I want it to be perfect.

Westside Test Anxiety Scale © 2004 by Richard Driscoll, Ph.D.

Visit <http://www.amtaa.org/scalewest.html> to obtain your score and determine if you would benefit from assistance.

Preparing for a Test

There are many steps that you can take prior to a test to manage your anxiety:

- **Approach the test with confidence.** View the test as an opportunity to show how much you have learned and to receive a reward for your efforts. Practice optimism and visualize your success.
- **Plan ahead.** Be as prepared as possible by starting the studying process well in advance of the test. “Cramming” in the days or hours before the test can increase anxiety and be counterproductive.
- **Ask for help if you need it.** Participate in study groups. Hire a tutor. Meet with the professor to review any questions about the material.
- **Maintain a routine** in the days and weeks prior to the test that includes regular exercise, appropriate nutrition and adequate sleep. Deficiencies in these areas can affect your cognition and test performance.
- **Practice relaxation techniques.** Deep breathing, positive thinking strategies and meditation can be helpful in reducing chronic feelings of anxiety.
- **Avoid substances that can increase anxiety.** Alcohol, caffeine, nicotine and other substances can contribute to the physical and/or emotional manifestations of anxiety.
- **Eat a healthy meal on test day.** Avoid processed foods and sugar, bring a healthy snack.
- **Arrive to the test location early.** Running late can add to your feelings of anxiety.
- **Strive for a relaxed state of concentration.** Avoid speaking with fellow students who have not prepared, who express negativity, or who will distract your preparation.

During and After the Test:

Keep the following things in mind while you are taking the test:

- **Reduce distractions.** If possible, choose a seat away from doors or high-traffic areas to take the test. Wear earplugs if random noises are bothersome.
- **Budget your test-taking time.** If you find yourself spending too much time on one question, move on.
- **Avoid comparing yourself to others.** Remember there is no reward for finishing first, so don't panic when other students finish before you.



If your anxiety level continues to be excessive, consider the following:

- **Make a commitment to yourself.** Understand that anxiety can be a habit, and it takes time and practice to develop your tools for success.
- **Consider your learning style.** Are you a sensory or intuitive learner? A visual or verbal learner? Research the strategies that will utilize your style to contribute to your success.
- **Learn test-taking skills.** Learn how to avoid making careless mistakes on multiple choice tests.
- **Continue practicing relaxation techniques.** The more you practice, the more it will become “second nature” to utilize the techniques when you need them the most.
- **Get professional assistance as needed.** Talk to a counselor or other healthcare professional for further assessment and assistance.