



COMMON SIGNS OF TEST ANXIETY

1. Your mind races and you can't concentrate during the test
2. Your mind goes blank when faced with a test question
3. You remember the answers after the test, but not while taking it
4. You keep wondering why the other test takers seem so calm and focused
5. You feel like you're the only one in the room who's having a hard time
6. You keep thinking about past tests where you did poorly
7. You continually focus on the consequences of failing this test
8. You feel that your results on a test measure your worth as a person
9. You find it difficult to study before the test, because you're already worrying about taking it