

# Test Anxiety Battle Guide

Brought to you by **SCOIR** x **TestInnovators**  
Prep for Success

## What is test anxiety?

Test anxiety can feel like worry or nervousness before a test, which many interfere with your ability to focus before or during test day.

### Symptoms

- Cold sweats
- Racing thoughts
- Shaking
- Tension
- Trouble sleeping
- Irritability

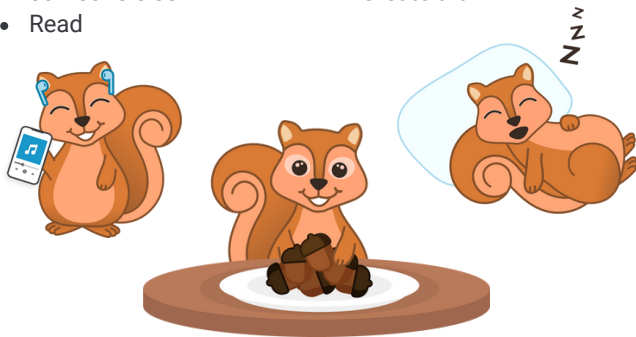
### Reasons for anxiety

- External pressure to perform well
- Perfectionism
- Worry about getting into college
- Concern about people's impression of you and your score
- Self-doubt

**You're not alone! 10-40% of high school students experience test anxiety.**

## Self-Care Ideas

- Hike
- Meditate or do yoga
- Eat a snack
- Listen to music
- Do something nice for someone else
- Read
- Play with your pet
- Take a walk
- Call a friend
- Exercise
- Take a nap
- Create art



## Next Steps

Let us help you!

- Take an ACT/SAT practice test through [Test Innovators](#) so you can prepare for test day
- [Create a Scoir account](#) to make searching for and applying to colleges a breeze

## How do I reduce test anxiety?

The best way to reduce test anxiety is to study and **take practice tests!**

**Here's Test Innovators' 3-step process:**

### 1 Take a Full-Length Practice Test

You'll want to mimic testing conditions as closely as possible, so the practice test should be full-length and timed and in the same format as the real test.

### 2 Review Your Results

Pull up your results and ask yourself the following questions:

- What went well?
- What could have gone better?
- In what subject areas was I strongest?
- Where did I miss the most questions?
- How was my timing? Was I able to finish each section, or did I run out of time?
- How was my focus? Was I able to stay engaged for the entire test, or did I lose focus towards the end?

### 3 Do Targeted Practice (and Repeat!)

Focus on the areas you identified in the previous step.

- Review any concepts or content areas that need work
- Learn some strategies to help you tackle the question types that give you the most trouble
- Do some targeted practice, focusing on the areas you want to improve

## More Test Anxiety Reducers

- Rest!
- Hang out with friends
- Reframe your thoughts
- Your test scores do not equal your worth!
- Remind yourself of the facts (ex: I took 2 practice tests and got good scores. I am as prepared as I can be right now.)
- Exercise
- Even a walk around the block the morning of the test can help
- Plan something fun before and after the test
- Practice self-care (whatever that looks like for you)
- Make a test day battle plan
  - When will you go to bed the night before the test?
  - When will you wake up the morning of the test?
  - What will you eat for breakfast?
  - What will you wear?
  - What will you bring to the test? (And what will you leave behind?)
  - When will you leave for the test?
  - Where will the test be taken?