Why might you be anxious about exams?
Check any of the following thoughts that may cause, or have caused, you some anxious moments on test day.

- The instructor will be upset with a poor performance
- I’ll be upset with a poor performance
- My parents will be upset with a poor performance
- I’ll feel dumb if I don’t do well
- A poor test grade will kill my GPA
- I mentally freeze
- My attitude is that tests are dumb anyway
- I know the material, but I freeze when I’m timed
- My mind drifts during the exam
- I tend to look at two or three test items at one time
- I suddenly realize I should have crammed the night before
- I speak to myself with a lot of negative self-talk (distortions)
- I have so much nervous energy I cannot focus
- I don’t have confidence in myself; I always seem to score worse than I expect
- I fear what this exam will do to my future opportunities (e.g. jobs)
- Other people distract me with their movements
- I feel nauseous
- I feel tense from head to toe
- I do a lot of last-minute talking with friends about the exam

Now look at the items you checked. Do you notice any similarities among them? Closer inspection will reveal the following categories:
(Y) how you view yourself
(O) how others perceive you
(U) unrealistic goals (is your “sky” too high?)
(T) thought distractions
(U) for all your talk, you were just unprepared

Y.O.U.T.U. (YOU TOO) can conquer test anxiety

http://www.salc.wsu.edu/Content/Documents/salc/learning/ttstrategies.pdf