Just breathe...

The reason many students perform poorly on tests is not due to lack of preparation but to lack of relaxation.

You can not think clearly when you are nervous, anxious or upset. Let a tutor or the Director of Learning Services know if you need more information about relaxation techniques for stressful situations.

If stress, anxiety, and nervousness are problems in your everyday life, you may wish to speak with the clinical counselor available free of charge to students at Avila.

Learning mathematics is different than learning most other subjects. This is one of the reasons that many students have high anxiety about math, especially when faced with taking a test.

Anxiety can be defined as a mental threat. There are several ways to control the mental threat by using positive self-talk, deep breathing, relaxation, and other methods. Once you use these techniques, in addition to adequate study time and review, the anxiety will greatly diminish.

If you need more information about how to study math, be sure to ask us.

How to Reduce Math Text Anxiety

Find time to do something before the test that relaxes you.

Strategies to use before, during, and after the test.
**BEFORE THE TEST**

**Talk to the instructor**
- Ask the instructor what pages to review and what kind of problems you need to know.
- Ask if they have old tests you can use to get some ideas of the types of problems that will be on your test.

**Review process**
- Begin your review several days in advance.
- Reread your notes and textbooks.
- Study new terminology, definitions, and properties.
- Make flashcards and review them frequently.
- Practice as many problems as you can. Work the examples in your text, and take practice tests online if available.
- Look over your quizzes that covered the same material.

**Additional help is available**
- Meet with a tutor or study group. Ask them questions, and get help on any concepts that are causing you difficulty.
- Learning Services has supplemental texts that you can use as well.

**Take care of yourself**
- Get plenty of rest the night before, and attend to your nutritional needs.
- Eating breakfast the morning of the test will allow you to concentrate on the test, not on how hungry you are.

**ON TEST DAY**

**When you arrive**
- Sit in the front of the room.
- Take a few deep breaths. Inhale through your nose, and exhale slowly through your mouth. Relax your body.
- Listen to any final instructions given by the instructor.
- Use positive self-talk throughout the test.

**When the test is passed out**
- Write your name on your paper.
- Carefully read all the directions.
- Write down all the formulas and ideas that you remember before you begin to answer the questions.
- Determine the point values for each section of the test. Pace yourself so you use your time wisely.

**Test time management**
- Spend more time on problems and sections with higher point values.
- Start with a problem that is easy for you.
- It is ok to skip problems that confuse you and come back to them later.
- If you think you are spending too much time on one problem, return to it later.
- Make sure you mark the questions you skip or haven’t finished, so you can try them again after you have finished the other problems.

**Remember to...**
- Focus on one problem at a time.
- Show all of your work.
- Avoid careless errors by taking your time and working through problems as time allows.
- Double-check each step before you go on to the next one.
- Check over all your work before you turn in the test.
- Stay relaxed if other students finish before you do.

**AFTER THE TEST**

**When you leave class**
- Congratulate yourself for completing the exam and doing your best.
- Do not waste time and energy negatively reflecting on mistakes you may have made or problems you had trouble with. Trying is as important as succeeding.
- Do something positive to reward yourself for a job well done.

**When your test is returned**
- Analyze your mistakes and learn from them.
- Schedule a time to meet with your instructor or a tutor to review the exam. This will help you determine if there is a pattern to your errors.
- If your instructor allows you to correct problems that were incorrect, do so and turn them in as soon as possible.

**Look ahead**
- Keep a copy of your test in your math binder to use to review for future exams.
- Track your grades on all your homework assignments, quizzes, and exams so you will know where you stand in the class.

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**Make a tutoring appointment online at www.avila.edu/ls or call 816-501-3666.**