

DO YOU HAVE TEST ANXIETY?



Source: <http://appl003.lsu.edu/cas/learningjourney.nsf/LiveSlide/387D64B75C8F22DA86257106005E88DD?OpenDocument>

These are signs of anxiety. If you would like to meet to discuss relaxation techniques and other strategies (pebbles) to reduce test taking anxiety, please feel free to contact Andrea Temple, Director of Disability Support Services/Counselor, at 335-0821 ext. 2277 or atemple@albemarle.edu or stop by Building A, Room119.

HELPFUL RESOURCES:

Don't Panic Self Help Kit including CDs (Can be checked out from Andrea Temple)

Online Test Anxiety Workshop

<http://appl003.lsu.edu/cas/learningjourney.nsf/StudentHome?OpenForm>

Study Habits and Test Anxiety- Setting Goals

<http://ub-counseling.buffalo.edu/studyhabits.shtml>

How to Calm Down in Under A Minute

<http://mentalhealth.about.com/library/howto/htbreathe.htm>

Stress Evaluation

http://www.adv-leadership-grp.com/Stress_Evaluation.html

Managing Stress: A Guide for College Students

<http://www.uhs.uga.edu/stress/wellnesslifestyle.html>

Stress- Tools for Healthier Lives

<http://www.mayoclinic.com/health/stress/SR99999>