



# Test Anxiety: Causes and Eliminators

| CAUSES   | ELIMINATORS  |
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| 1. Trying to meet others' Expectations.                | <ul style="list-style-type: none"> <li>• Decide whether living up to these expectations is something you want to do to yourself.</li> <li>• Set your own goals and live up to your own expectations.</li> </ul>  |
| 2. Letting grades determine your self worth.           | <ul style="list-style-type: none"> <li>• Emphasize performance over grades.</li> <li>• Take control by tracking performance to overcome weakness.</li> </ul>   |
| 3. Inadequate preparation and guilt.                   | <ul style="list-style-type: none"> <li>• So you weren't prepared this time. Keep your goal in sight and resolve to do better.</li> </ul>   |
| 4. Feeling helpless, with no control over what happens | <ul style="list-style-type: none"> <li>• Develop an internal locus of control.</li> <li>• Improve your study habits</li> <li>• Prepare for your next test and observe the connection between the amount and quality of your studying and the grade you receive.</li> </ul> |