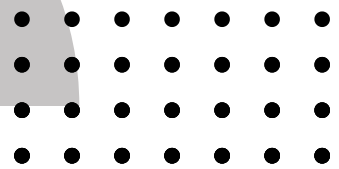


# Understanding Test Anxiety in Students



# PROBLEM STATEMENT:

**TEST ANXIETY** is a growing issue among students, causing excessive worry and fear during examinations. This stress lowers their ability to focus and recall information, often leading to negative thoughts and **PHYSICAL SYMPTOMS**. Because of this, their performance and scores may not reflect their true abilities, making it important to address test anxiety for better well-being and **SUCCESS**.



# UNDERSTANDING TEST ANXIETY


Discover what test anxiety is, how it affects students, and evidence-based strategies to overcome academic stress.

EXPLORE RESOURCES →




## TIPS FOR BEST RESULTS

- Find a quiet, comfortable place to practice
- Practice for 5-10 minutes daily for best results
- Focus on the sensations of your breath
- Don't force your breathing - keep it natural and smooth
- Use these exercises before exams or when feeling anxious



### BREATHING EXERCISES

Master calming breathing techniques to manage anxiety and stress in real-time.



### KNOWLEDGE QUIZ

Test your understanding of test anxiety and learn evidence-based management strategies.



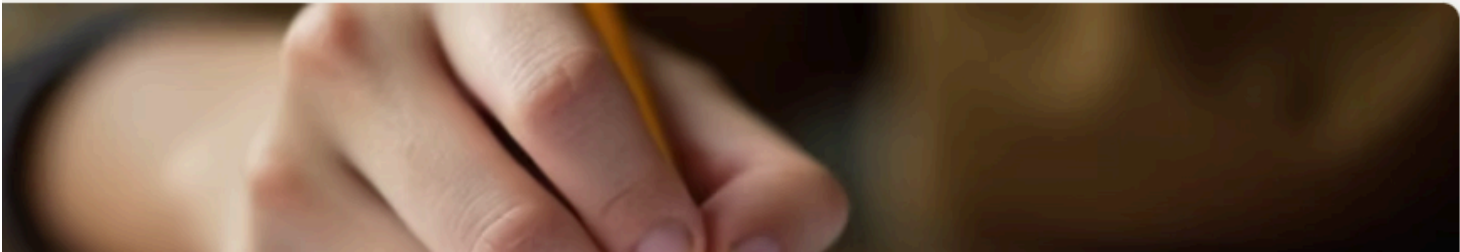
## IMPACT ON STUDENTS

Students often experience a significant drop in grades, despite knowing the material. It can lead to avoidance of school or specific subjects, reduced self-esteem, and a general disinterest in learning. In severe cases, it can contribute to school dropout rates and long-term mental health issues.



## EFFECTS ON PERFORMANCE

The effects can be wide-ranging, including physical symptoms like sweating, rapid heartbeat, nausea, and headaches; emotional symptoms such as panic, fear, and irritability; and cognitive symptoms like difficulty concentrating, memory blanks, and negative self-talk.





# SOLUTION:

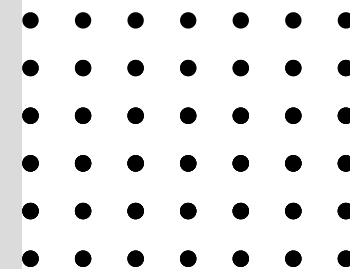
**A structured support system can help students manage time effectively.**

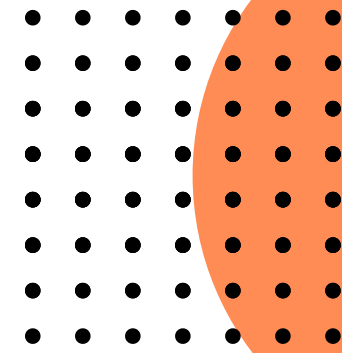
**Techniques such as deep breathing, mindfulness, and regular study routines reduce stress levels.**

**Providing practice tests and teaching time-management skills builds confidence.**

**Counseling, peer support, and positive feedback help students overcome negative thoughts.**

**With these strategies, students can improve focus, stay calm, and perform to their true potential.**





# ThankYou

**TEAM**  
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