

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**.



TEST ANXIETY

Understanding and Managing Academic Stress

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UNDERSTANDING TEST ANXIETY

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

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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.



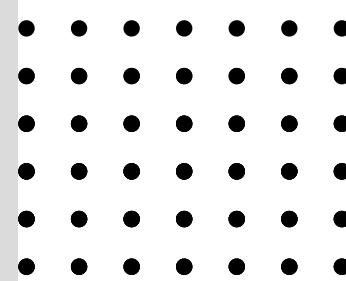
EFFECTS ON PERFORMANCE

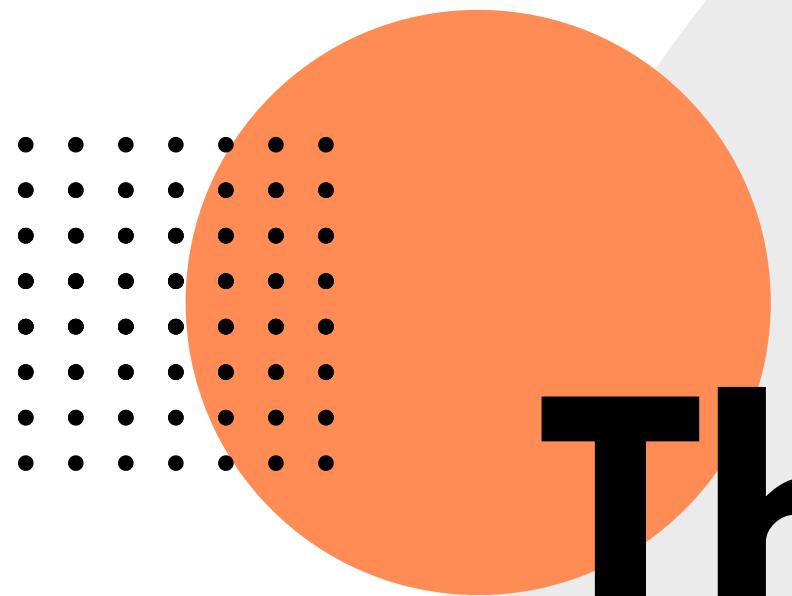
The effects can be wide-ranging, including physical symptoms like sweating, rapid heartbeat, nausea, and headaches; emotional symptoms such as panic, fear, and irritability; and cognitive symptoms like difficulty concentrating, memory blanks, and negative self-talk.



SOLUTION:

A structured support system can help students manage 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.





Thank You

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