

HOW TO HELP STUDENTS REDUCE TEST ANXIETY

RECOGNIZE THE SIGNS

IF YOU SUSPECT A STUDENT IS STRUGGLING WITH TEST ANXIETY, ASK ABOUT THESE SYMPTOMS:

- Inability to concentrate
- Nausea
- Heart palpitations
- Fast and shallow breathing
- Feeling faint
- Fear.

IDENTIFY CONTRIBUTING FACTORS

ASK STUDENTS ABOUT THESE CONCERNS :

- The pressure to complete tests within an allotted time frame
- Taking high-stakes tests
- Not understanding the material
- Being unprepared
- Fear of failure
- Seeing grades as a reflection of personal self-worth and self-esteem.

LESSEN INTIMIDATION IN THE ONLINE CLASSROOM

BEFORE CLASS BEINGS, HAVE STUDENTS INTRODUCE THEMSELVES TO ONE ANOTHER ONLINE.

Doing so can help create a sense of community and give students the opportunity to practice and interact with the features of the online platform.

CO-CREATE CLASS NORMS

STUDENTS CAN HELP WRITE RULES SUCH AS:

- How often and in which manner students are expected to communicate with one another and with faculty
- How conflicts will be addressed when they arise
- Timelines and criteria for individual and group assignments
- Online etiquette.

SUGGEST TIPS TO ENHANCE ONLINE LEARNING HABITS

NURSEJOURNAL OFFERED THESE IDEAS:

- Schedule classwork and relaxation/social time to keep from getting distracted.
- Go outside for a walk, run, or bike ride to keep sane and focused.
- Avoid distractions by decreasing exposure to social media and decluttering your study space.
- Stay in touch with classmates.
- Communicate with professors.
- Save work to hard drive for peace-of-mind.
- Monitor exam deadlines.