**Case Overview**

Katya is an average freshman college student. She is doing well in college and maintaining a 3.0 grade point average. She has good study habits and studies hard before every exam. Although she studies, she does not perform well on tests due to her anxiety. She is losing hope because her anxiety keeps sabotaging her efforts and now it is reflecting upon her grades. Katya must perform well on her last and final test of the semester, or it will negatively impact her ability to retain her scholarship. Her anxiety has increased and now it has progressed into panic attacks. The chemistry exam is only a few days away and now she needs a sudden change, or all her efforts will be futile, and her college dreams shattered. This paper will include sharing my own personal experiences with anxiety pertaining to school and test taking. This paper will also analyze and include the best route that Katya should take to overcome her severe anxiety and perform well on her final exam.

**Personal Experience**

Throughout high school I have always performed poorly on exams, despite preparing for the test. As my high school years progressed so did my anxiety during any exams. I spoke to my teachers about and they allowed me to have additional minutes added to my test taking time. I have always completed all other assignments with at least a 90% or better, but ultimately my test score would drag my overall grade down. This anxiety has also followed mw into my college career as well. I have been doing well in my health class, with discussions, projects, and case studies, yet my test scores are never 100%. My philosophy class is a mirror of my current situation, with my discussions and essays receiving 100% and I never attain 100% on my tests.

My current grade for my philosophy class is 91% because I have not performed well on the exams.

 I have started exercising before each exam to get the nerves out of me. My dog can attest to the miles that we have been jogging together and all the long conversations that we have been having. Not only did I experience full blown anxiety, I would also manifest physical symptoms of the anxiety. I would get a headache, stomachache, and racing thoughts while my heart would pound inside of my chest. Another technique that helped me was eating a balanced meal. I became a vegetarian and I usually do not eat any junk food. Food filled with nutritious value instead of empty calories can help balance my hormones and blood sugar levels. I think I am still learning techniques and I will discuss them in the following section.

**Research Conducted**

I have conducted hours upon of research on this topic alone because it is a topic that I suffer from. According to The Princeton Review test anxiety can revolve around fear of failure, lack of adequate prep time, and even bad past experiences. The website lists 10 tips to overcome test anxiety which includes: Be Prepared, Get a Good Night’s Sleep, Fuel up, Get to the test early, Have a positive mental attitude, Read the directions carefully, Just start the test instead of the dreading it, Don’t pay attention if other people are finishing early, Stay on pace and watch the clock, and finally take a deep breath and focus. The Princeton Review suggests that getting a good night’s rest is best, and cramming is never the answer for a better performance. Adopting a better diet is always wise because better nutrition leads to better energy and no sugar crashing. Always remember to leave early and arrive early to the test location. Feeling rushed can create unnecessary anxiety that create test anxiety.

Another resource that I selected was from the PCC library, and that is Mometrix.com. Mometrix suggests starting with identifying questions that you now and pump yourself up to beat anxiety. It also suggests taking breaks when you feel overwhelmed. These breaks can occur mentally and or physically, which can produce positive results with test taking.

**Recommendations**

I would recommend to Katya to speak to the teacher directly and relay the anxiety issues and how it will negatively affect her school career. Sometimes professors will be understanding and give the student a break to mentally regroup. Having an open communication highway with the teacher is always a good idea. Sometimes the professor will open the test back up or allow the individual to do extra credit work to regain some valuable points. She can also utilize some of the techniques that I listed in the previous section. I know through experience that some of those techniques such as resting, diet, and preparation have helped me in the past. I also think since time is very limited, she should study the topics that she is not confident in. She should try to make simple flashcards to test her knowledge and what her ability is in the test. Besides all the studying, having a positive attitude is a key to surviving exams. Optimism is always an important factor because it can boost an individual’s overall moral and outlook.

**Citations**

*10 ways to overcome test anxiety*. The Princeton Review. (n.d.). Retrieved February 25, 2023, from https://www.princetonreview.com/college-advice/test-anxiety

*Overcoming test anxiety (symptoms, causes, and treatments)*. |. (2022, November 15). Retrieved February 25, 2023, from https://www.mometrix.com/academy/test-anxiety-tips/