10 SIGNS OF TEST ANXIETY

Concerns days before the test is to take place

Freezing during tests

Worried about forgetting information while studying

03

Fear of failure when taking exams

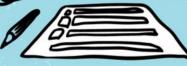
04

Difficulty concentrating while studying

05

Avoiding studying for tests until the last minute

06



Performing
well in class,
but failing to
do well on a test

Lacking confidence in themselves

08

Feeling like he or she has never done enough to prepare

09

Does your child show signs of test anxiety? Speak to their teacher or tutor about strategies to help them overcome their anxiety.



Physical symptoms such as dry mouth, sweating, nausea