

# 10 SIGNS OF TEST ANXIETY

Concerns days before the test is to take place

01

Freezing during tests

02

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

07

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

10



**tutor  
doctor**

How learning hits home.