

MATH TEST ANXIETY REDUCTION CHECKLIST

- 1. I've reviewed and worked out lots of problem so I know my material out of context.**
- 2. I know the format and content of my upcoming math test.**
- 3. I know how many questions will be on my exam and its duration.**
- 4. I've given myself several practice exams.**
- 5. On practice exams, I've noted areas of difficulty so I can strengthen them.**
- 6. I've analyzed my past pattern of typical errors so I can be alert to them on my exam.**
- 7. I've gotten seven to eight hours of sleep in the days prior to the exam.**
- 8. I've kept a regular program of moderate exercise.**
- 9. I've eaten a small meal of low-fat protein one to two hours before the exam and avoided too much caffeine.**
- 10. I'll arrive at the exam on time and avoid talking with others.**
- 11. Throughout the exam I'll remain calm, relaxed, and positive.**
- 12. I will say positive self-statements to myself and push away all disturbing or distracting thoughts.**
- 13. I will write out all my formulae and key ideas on the top corner of my exam sheet before beginning the test.**
- 14. I'll quickly read through the exam, note point values, and schedule my time accordingly.**
- 15. I'll proceed comfortably throughout the exam, working first on the problems that come most easily to me.**
- 16. I'll carefully read the directions to all problems and circle significant words to avoid misinterpretation.**
- 17. After finishing the exam, I'll check my answers, proofread for omissions and check for my typical errors.**
- 18. I'll leave and reward myself for a job well done!**

Source: "Conquering Math Anxiety" by Cynthia Arem