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 on 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