

I'll make an F

Anxiety

- Anxiety is a perception of threat
- Occurs when we believe or think we may be in danger or something bad is going to happen
- Thinking about this future discomfort or stressor activates or alerts worry



I can't, I
won't, I'm
going to fail





The Anxiety Scale

- ▶ Measures your tension when approaching academic tasks
- ▶ Affects how you think
- ▶ Your ability to concentrate
- ▶ Your ability to perform well on academic tasks



Characteristics Of Students Who Cope With Anxiety In Positive Ways



- Students who cope with anxiety in positive ways can remain relatively calm and are able to deal well with anxiety in academic activities.
- They are more likely to be able to focus their attention and efforts on the task at hand.
- They are less likely to be distracted from completing their academic work.
- Students who cope with anxiety in positive ways are often happier and healthier and report enjoying their college experience.
- They are often more confident, willing to take risks and participate more fully in their coursework.

Healthy Anxiety



- ▶ Delivers a message that we are in danger
- ▶ Makes us conscious and enables us to listen to our bodies clues:
 - shallow breathing
 - increased pulse rate
 - butterflies in the stomach
- ▶ With this awareness, we can pause and wisely choose what to do next

Characteristics Of Students Who Cope With Anxiety In Negative Ways



- Students who cope with anxiety negatively may not be coping very well with tension or anxiety related to college.
- They need to learn techniques for coping with anxiety and reducing worry so that they can focus on their coursework rather than what is bothering them.
- They may often find it difficult to demonstrate their true level of knowledge and skill because they are distracted or even paralyzed by high anxiety.





- While worrying about how they are going to do on a test or assignment, students with anxiety may be losing valuable time. This makes matters worse because there will be even less time to accomplish what is needed. The result is that students with anxiety often sabotage their own studying and learning efforts.
- While other people are listening attentively in class, or working on a test, they might have negative thoughts and self-doubts about: their abilities (e.g., "I am not good at science, how am I ever going to do well on this test?"),



SORRY!

Unhealthy Anxiety

- ▶ Causes its victims to exaggerate dangers
- ▶ Replaces healthy fear by paralyzing anxiety
- ▶ Or terror about what could go wrong





Overcoming Specific Academic Anxieties

4 Common Academic Anxieties:

- ▶ Speech Anxiety
- ▶ Test Anxiety
- ▶ Math Anxiety
- ▶ Writing Anxiety



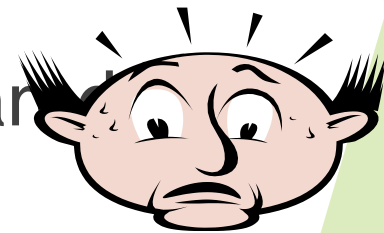
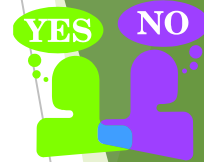
Can you give an example of when you have experienced one of these?

Describe your feelings.....



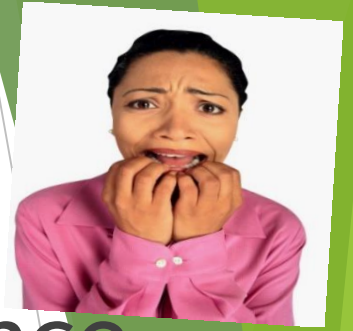
Primary Sources of Academic Anxiety

- ▣ The opinions of others
- ▣ Your own opinions
- ▣ Your fear of not achieving your goals
- ▣ Your feelings of being unprepared





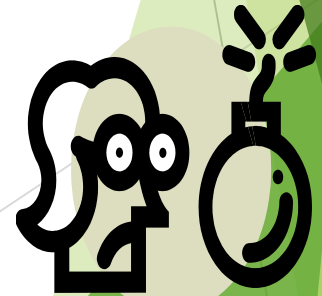
Anxiety



Sabotages academic performance
of all kinds:

126 different studies of more than
36,000 people found that the more
prone to worries a person is, the
poorer their academic performance,
no matter how measured ----
grades on tests, grade-point average,
or achievement tests

Daniel Goldman





Strategies to Overcome Speech Anxiety



Before the Event:

- ▶ Finish appropriate, timely, comprehensive content preparation
- ▶ Use rational and helpful self-talk
- ▶ Practice or rehearse your performance
- ▶ Get enough sleep, exercise, and good nutrition

I can



During the Event:

- ▶ Make careful and deliberate use of your time
- ▶ If you feel yourself becoming tense, refocus on the task using appropriate self-talk and breathe deeply
- ▶ Use rational and helpful self-talk throughout



Think, you can



Breathe,
Breathe, Breathe



Other Suggestions:

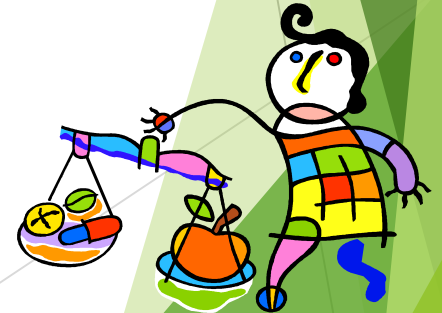
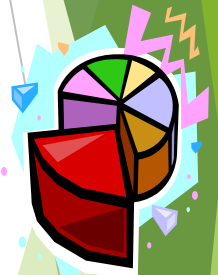
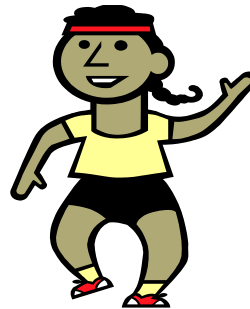
- ▶ Adapt your vocabulary and examples to your audience
- ▶ Grab the audience's attention (Audio Visual)
- ▶ Make eye contact with individuals
- ▶ Speak loudly enough
- ▶ Use accurate information
- ▶ Place a watch on the lectern
- ▶ Deliver an effective, precise, upbeat conclusion



Strategies to Overcome Math and Writing Anxiety

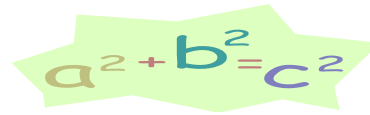
Before The Class:

- Complete appropriate, timely, comprehensive content preparation
- Use rational and helpful self-talk.
- Practice or rehearse your performance
- Get enough sleep, exercise, and good nutrition



During the Event:

- ▶ Make careful and deliberate use of your time.
- ▶ For Math, immediately write down formulas
- ▶ For essays, quickly list key names, and dates for your outline later
- ▶ Plan how you will allocate your time for the various parts of your test



- ▶ If you feel yourself becoming tense, refocus



Stay focused on my subject!!!!

- ▶ Use rational and helpful self-talk throughout



I am in control, I am prepared !!!!

Test Anxiety

The most common academic anxiety

Before the Test:

- ▶ Finish the appropriate, timely, comprehensive content preparation, including all homework
- ▶ Use rational and helpful self-talk
- ▶ Practice or rehearse by answering questions
- ▶ Get enough sleep, exercise, and good nutrition



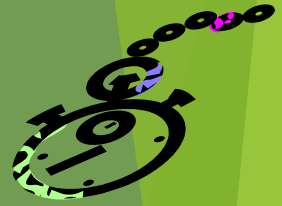


The day of the Test

- ▶ Grab the psychological edge (Get to class ahead of time with all material needed)
- ▶ Take your watch to divide up your time
- ▶ Do not participate in pretest conversations which can add to test jitters



- ▶ Sit where you can minimize distractions



During the Test

- ▶ Make careful use of your time
- ▶ Divide it up appropriately
- ▶ If you feel yourself becoming tense, refocus on the question and try to ask what the question is asking
- ▶ Breathe deeply
- ▶ Use rational and calming statements

I can do it !

