



TIP SHEET

Managing Test Anxiety in Nursing School

If you are overwhelmed by test anxiety while you are in nursing school you are not alone. Whether or not you struggled with test anxiety previously, nursing school can bring test anxiety to a whole new level and become a significant obstacle to your nursing school and NCLEX success.

Understanding Test Anxiety:

Test anxiety isn't just about feeling nervous on the day of the exam; it's a cumulative stress that builds over time. Factors like performance pressure, peer pressure, time pressure, and digital stress all contribute to test anxiety for nursing students.

Strategies for Managing Test Anxiety:

1. Acknowledge and Address Performance Pressure:

- Recognize the pressure to excel in nursing school and its impact on your well-being.
- Practice journaling to understand your feelings and challenge negative thoughts about your performance.

2. Mitigate Peer Pressure:

- Be mindful of the influence of peers' stress and negativity.
- Create mental boundaries to shield yourself from negative energy.

3. Tackle Time Pressure:

- Evaluate your time commitments and prioritize tasks effectively.
- Use a time log to identify areas where you can better manage your schedule.

4. Combat Digital Stress:

- Assess your digital habits and reduce screen time where possible.
- Limit notifications and avoid multitasking to alleviate cognitive overload.

5. Prepare for Test Day:

- Study consistently and thoroughly to build confidence in your knowledge.
- Practice relaxation techniques like deep breathing and visualization to stay calm during exams.
- Surround yourself with positivity and avoid stressful conversations before tests.

Managing test anxiety is a journey that requires commitment and self-awareness. By addressing underlying stressors, implementing lifestyle changes, and adopting effective coping strategies, you can alleviate anxiety and perform at your best in nursing school. Remember, it's not about eliminating stress entirely but finding a balance that allows you to thrive academically and professionally.

If you are ready to dive deeper into managing test anxiety, consider scheduling a [coaching session](#) to explore tools that will help you.