

Write it out.

There's cool research out there that shows writing before test-taking can help you perform better on the test (articles on back!). Writing frees up your working memory. Also, it's been shown to help students who might have test anxiety perform more like their peers who aren't as impacted by test anxiety. So. Take a few minutes (5 - 10) before the test to get rid of all the anxiety-making thought-gunk in your head. Write about how the test stresses you — its impact, its content, its anything — and free up your precious brain space. Then, leave it on the page. Throw it out (or recycle it). Start your test with a clear mind, ready. You've got this.

More on side 2! ➔

Brought to you by the
Academic Success Center

success.oregonstate.edu/learning



Oregon State
University



Seriously. This research is cool. Want to read what we did? Check these articles out:

Briñol, P., Gascó, M., Petty, R. E., & Horcajo, J. (2012). Treating Thoughts as Material Objects Can Increase or Decrease Their Impact on Evaluation. *Psychological Science, 24*(1), 41-47. doi:10.1177/0956797612449176

Doherty, J. H., & Wenderoth, M. P. (2017). Implementing an Expressive Writing Intervention for Test Anxiety in a Large College Course. *Journal of Microbiology & Biology Education, 18*(2). doi:10.1128/jmbe.v18i2.1307

Harms, Williams. (2011, January 13). Writing About Worries Eases Anxiety and Improves Test Performance. *uhicago news*. <https://news.uhicago.edu/story/writing-about-worries-eases-anxiety-and-improves-test-performance>

Miyake, A., Kost-Smith, L. E., Finkelstein, N. D., Pollock, S. J., Cohen, G. L., & Ito, T. A. (2010). Reducing the Gender Achievement Gap in College Science: A Classroom Study of Values Affirmation. *Science, 330*(6008), 1234-1237. doi:10.1126/science.1195996

Ramirez, G., & Beilock, S. L. (2011). Writing About Testing Worries Boosts Exam Performance in the Classroom. *Science, 331*(6014), 211-213. doi:10.1126/science.1199427

Shen, L., Yang, L., Zhang, J., & Zhang, M. (2018). Benefits of expressive writing in reducing test anxiety: A randomized controlled trial in Chinese samples. *Plos One, 13*(2). doi:10.1371/journal.pone.0191779

We think you rock. Come see us @ the **Academic Success Center:**

Waldo Hall 125 | Monday through Friday | 9 AM to 5 PM | 541-737-2272 | success.oregonstate.edu