

Overcoming Test Anxiety

Counseling 48

Jo-Anne Lesser, Counselor/Instructor

"Overcoming Test Anxiety" is a class for people who experience overwhelming anxiety, either before or during the test-taking process. It helps the student learn to recognize anxiety and also learn how to relieve the anxiety. The student is responsible for:

1. Making an initial one-half hour appointment with the counselor/instructor. The student will complete a "Self Inventory for Overcoming Test Anxiety," and will receive a course workbook during the first scheduled appointment with the counselor.
2. Listening to the following tapes (in the order listed) and answering workbook questions about them:

Tape 1	Learning Theory
Tape 2	Learning and Memorization
Tape 3	Principles of Scheduling
Tape 4	Techniques of Scheduling
Tape 5	Preparing for Examinations
Tape 6	Taking the Objective Examination
Tape 7	Visualization (<i>listen to this tape three times</i>)

Tapes are available at the Circulation desk, second floor of the Palomar College Library.

3. Listening to and answering special questions (to be provided to the student) about Tape 7. The student should listen to Tape 7 three different times and answer questions for each of the three sessions.
4. Completing the "Test Anxiety Workbook" the "Daily Activity Schedule" and the Tape 7 responses, and returning with the completed coursework to the counselor.
5. Schedule a final appointment at **least three weeks** prior to the end of the semester.

To receive credit for the course, the student must complete each of the preceding requirements.

Questions – please call 760-891-7511