



Some anxiety is natural and helps keep you mentally and physically alert, but too much may cause physical distress and concentration difficulties. The causes of your anxiety may be past experiences of blanking on tests, being unable to remember answers to questions, or lack of preparation for the exam. In these cases, errors in time management, poor study habits, failure to properly organize study material, and cramming the night before the exam might increase anxiety. You may also be focusing on past performances on exam, how other students are doing, or the negative consequences of doing poorly on the exam.

