“I can do the homework problems just fine, but I just don’t take tests well.”

There are several strategies for overcoming this. When doing your homework you have many resources available. When you’re studying for an exam, see if you can do those same problems without using your book or notes at all. Also, be sure that you’re associating the directions for the question with what you’re doing, rather than the section the problem is from, since on the exam you won’t have that information. It would be a good idea to test yourself before the test. Pick out problems, using the exam objectives if available, and write up a mock test. Be sure to mix the problems up so that you don’t know what section they’re from and include directions. If possible, have a classmate do the same thing and then take each others’ test. The more adequately prepared for an exam you are, the less anxious you’ll be.

Be sure that, when doing your homework, you do it with the intention of understanding it rather than just completing it.

Have you used the math lab? Joined a PLUS group?

There are places on campus that can help you better manage the stress that an exam sometimes causes. The CAPS office is helpful, and often has seminars on dealing with test anxiety. Call the CAPS office to find out when their next one is.