



Students at the University of Vienna, 2005

TEST ANXIETY

June 06, 2014

Alex: So what was your experience, uh with you know, in your lifetime of test taking?

José: I think when I was younger when I was a kid you know 16, 17 high school, most people don't have a lot of experience with tests and they get nervous. But in university, honestly, as far as I can remember and this was a long time ago, I don't think I was ever really that nervous for tests.

Alex: Never?

José: Uh okay, I know this, I was a lot less nervous than the other students that I would meet just outside the the testing room door, uh because I remember clearly, I was seeing faces that, you know, were of my friends who I normally smile and joke around with and they look **dead serious**, so they they literally, I'd say, "well hi John, hi Bob" and they looked at me like a **deer in the headlights**, and all scared.

Alex: Did you know your material, or did you have to pull all nighters to to take an exam or a test?

José: I'll be honest with you, If it had to take an all-nighter, I would do it, or if I was lucky and I had like I had a schedule where about a week before the test I could study, I was almost always prepared for my tests. (mm-hmm) And I think that was the difference.

(mm-hmm) **Because** if there were times when I was nervous, it was because- I realized, uh I'm just not ready for this test that's why I'm nervous.

Alex: So you're saying your friends uh **you know** probably uh going out every night uh, or watching TV uh, playing video games whatever, uh but not reviewing the class material until before the test.

José: I can't get to that conclusion. (Yeah, mm-hmm) I don't think so. Um because I do remember, you know, "hi John, hi Bob" and I know Bob's a good student and he- at the end of the tests we would- especially in **first or second** you take a lot of the same classes. Bob and I would end up with similar grades or good grades and John was hit-and-miss. And then you'd- I'd ask him, "So did you study for this one?" "No man, I didn't get a chance to". Oh well that's why you didn't do well. And then (mm-hmm) I realized that's why he was probably nervous too. So both of them ca- can be nervous, but it doesn't really mean that both of them were the same type of person who didn't study.

Alex: I think I was somewhere in the middle, right? Because I uh, I didn't go out all night. I did enjoy myself in university. I had a great time, one of the best times of my life. But I still studied, but I know a lot of people in first

year dropped out. (Yup) Right? Because all they did was party.

José: Yup, yup, yup. And basically the university kicked them out. Or their parents said, "I'm not wasting anymore money on you". (mm-hmm) I tell you though, um what I read in the article I really think it's actually good for most students (mm-hmm) Um, if I had been given that advice uh when I was a university student (and) I tried it once I bet you it would've worked on me for the times when I was nervous.

Alex: Yeah. If I could go back I'm sure I could do better too. Knowing what I know now.

José: Yeah oh geez, and you- it makes you feel so old because you're repeating the same things that you (mm-hmm) realize that old people were saying to you back then. You're going, "what do you mean?" But now it all makes so much sense because we're older. (Yeah) I think that is the way that life sorta...

Alex: Well at least you're older anyhow.

José: Yeah right, and you're not? Sure. Mm.

Word count	Time	Words/Min.
665	3:16	203:57

Pointers:

José is about 12 years older than Alex.

dead serious: "dead or deadly" as an adjective means "extreme and a little odd". (0:41)

deer in the headlights: an expression to describe a person who is frozen in their surprise. (0:48)

Because: pronounced quickly as "KUHZ". (1:13)

you know: Alex says this so quickly and quietly you can barely hear it. (1:21)

first or second: refers to first or second year of university. (1:46)

Discussion:

How did you feel during the most recent exam you took?

Why do some people get anxious about tests?

When was the most nervous you ever became for a test?

VOA ARTICLE: "ANXIOUS STUDENTS GAIN ON TESTS BY WRITING ABOUT FEARS "

<http://www.voanews.com/learningenglish/home/education/Anxious-Students-Gain-on-Tests-by-Writing-About-Fears-114235749.html>

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[http://commons.wikimedia.org/wiki/File:Test_\(student_assessment\).jpeg](http://commons.wikimedia.org/wiki/File:Test_(student_assessment).jpeg)

