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Improving Access to Test Anxiety Information at the University of Dayton
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Abstract
Test anxiety is a prominent issue among college students. We identified University of Dayton’s resources regarding this topic and made recommendations on how to better address this issue with UD’s students. Areas of strengths and weaknesses were identified in UD’s programming and literature. Our team created a new brochure that embodies the improvements we recommend.

Problem
Test anxiety is a serious problem affecting many students. 85.6% of students in a survey conducted by the American College Health Association reported feeling overwhelmed, and 56.9% of students experienced overwhelming anxiety. Test anxiety symptoms can include anything from sweating, and rapid heart beat, to a panic attack.

Methods
Students and faculty at UD were interviewed, and we spoke with the OLR and the Counseling Center. Then we reviewed our school’s website for resources, as well as other schools’ websites. We then evaluated these resources. Finally, we revised a brochure that was given out at the Counseling Center, and suggested changes to improve the university’s information.

Results
We researched resources other colleges offer for test anxiety. The standout resources from our research were incorporated as ideas for improvement to UD’s available resources. UD offers many resources related to anxiety, but not necessarily centered around test anxiety. It was discovered that the resources that were offered were helpful and well put together, however, many students are hesitant to use the resources due to the negative stigma surrounding mental health.

Our Brochure

Recommendations
Several additions and modifications could be made to the programming about test anxiety offered by UD. Suggestions include updating the website, adding an online appointment making feature, and working harder to advertise the resources available.

References
