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Increasing Awareness of Test Anxiety Resources at the University of Dayton  
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Abstract
Test anxiety is a growing concern among college students that negatively impacts academic performance and self-esteem. For this project, we collected and analyzed resources regarding this topic from the University of Dayton. Our team came up with suggestions to improve content, effectiveness, and accessibility of the resources around campus. We developed a brochure representing the changes we wish to see on campus as a result of our research.

Method
Students at UD were surveyed and interviews were conducted with faculty of the OLR and counseling center. We then analyzed resources available on UD’s website and compared them to resources provided on websites of other schools. After collecting this information, we proposed a new brochure specific to this campus aiming to increase awareness of available resources.

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 test 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.

Recommendations
Though UD offers helpful resources to combat test anxiety, they should be advertised in a more impactful way and more accessible to students. One way could be to have more handouts about test anxiety dispersed in buildings that students frequently pass through, such as residence halls and the RecPlex. UD should also update its online resources about student health issues to make them more helpful and engaging. Finally, freshman should be a target audience since they are in a transitional phase, and test anxiety should be addressed in their ASI classes and floor meetings.

References
“How to Reduce Test Anxiety.” Mayo Clinic, Mayo Foundation for Medical Education and Research, 3 Aug. 2017  
“Test Anxiety.” American Test Anxieties Association, amtaa.org/  