

For most people in the job market, it has been years since they have taken a test. Many people feel intimidated and out of date when it comes to this subject. This can cause a test-taker to be under a lot of undue stress. Fortunately, by this point, many people are aware of their own best strategies for coping with stress. However, coping with stress in a testing situation may be a bit different. It is difficult to walk away from a test and take a bubble bath or have a quick run. For many people, coping with this type of stress is more difficult and many are unaware of what can help.

It may help to alleviate the stress if it is understood that the test is not the final authority. In many situations, a test and its results are used as supplements for other things. For school admissions, applications, essays, test scores, and references are all deciding factors. It is almost the same when applying for a job; results of psychometric tests, resumes, interviews, and references are all used as deciding factors. Keep this in mind and understand that the test is merely a supplement and one of the many deciding factors for whatever the occasion may be.

If it is possible, some may find it most useful to ask for a break. If the stress of the test is too severe, ask the administrator for a break and step outside. Enjoy the fresh air or maybe grab a cup of coffee. Do whatever is necessary in these few minutes to alleviate the stress. Often enough, a step into the sunshine will do the trick and will leave a feeling of calmness.

Many people have different techniques they use for coping with stress. Unfortunately, many of these techniques are greatly limited by the situations of a test. It is still possible, however, to bring some of these techniques into the testing situation in small doses. Employ them during a break and alleviate the stress by understanding that the test is probably not the sole determining factor for the occasion.