

REDUCING TEST ANXIETY

- Being well prepared for the test is the best way to reduce test taking anxiety.
- Space out your studying over a few days or weeks, and continually review class material, don't wait until the night before and try to learn everything the night before.
- Try to maintain a positive attitude while preparing for the test and during the test.
- Exercising for a few days before the test will help reduce stress.
- Get a good night's sleep before the test.
- Show up to class early so you won't have to worry about being late.
- Stay relaxed. If you begin to get nervous take a few deep breaths slowly to relax yourself and then get back to work.
- Read the directions slowly and carefully.
- If you don't understand the directions on the test, ask the teacher to explain it to you.
- Skim through the test so that you have a good idea how to pace yourself.
- Write down important formulas, facts, definitions and/or keywords in the margin first so you won't worry about forgetting them.
- Do the simple questions first to help build up your confidence for the harder questions.
- Don't worry about how fast other people finish their test; just concentrate on your own test.
- If you don't know a question skip it for the time being (come back to it later if you have time), and remember that you don't have to always get every question right to do well on the test.
- Focus on the question at hand; don't let your mind wander on other things.

DOS AND DON'TS OF DEALING WITH TEST ANXIETY

- ❖ **Don't** cram for an exam. The amount you learn won't be worth the stress.
 - ❖ **Don't** think of yourself or the test in a negative sense.
 - ❖ **Don't** stay up late studying the night before. You need the sleep. Begin studying a week in advance if possible.
 - ❖ **Don't** spend time with classmates who generate stress for you on test day.
 - ❖ **Don't** take those last few moments before the test for last minute cramming. Try to relax and spend that time reading the newspaper or some other distraction.
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- ❖ **Do** remind yourself that the test is only a test.
 - ❖ **Do** focus on integrating details into main ideas.
 - ❖ **Do** reward yourself after the test with food or a movie or some other treat.
 - ❖ **Do** something relaxing the last hour before the test.
 - ❖ **Do** tell yourself that you will do your best on the test, and that will be enough!