

HOW TO REDUCE TEST ANXIETY

BEFORE THE TEST

- Be prepared. Learning the material is the best way to stave off worry. Know what will be on the test. Organize study time wisely.
- Space out your studying. Don't try to cram all the learning into one session. Spread it out over the days and weeks before the exam. You'll have more time to absorb the subject matter. You'll feel more relaxed in the process
- Exercise. Physical activity keeps your mind sharp and relieves stress. Schedule regular periods of exercise into your pre-test routine.
- Get enough sleep. Go to bed at a reasonable hour. Keep your bedroom dark and quiet. Wake up early enough to allow for a calm morning.
- Have a healthy breakfast. Both your body and brain need fuel in order for you to do well on the exam.
- Show up early. Rushing creates unnecessary stress. Arrive in time to find a good seat and get settled.

DURING THE TEST

- Read test directions slowly and carefully. If you don't understand something, ask questions.
- Skim through the entire test. See how it's organized. Decide how best to allot your time.
- Do the easy parts first. This boosts confidence and keeps you on task.
- Skip difficult questions. You can always come back to them later.
- Stay relaxed. If you start getting nervous, take a few deep breaths and shake out your hands.
- Don't look around. It doesn't matter how others are doing. Stay focused on your own paper.
- Use affirmations. Tell yourself that you're doing your best. This is only one test. It doesn't determine whether you are smart or successful in life.

AFTER THE TEST

- Review how you did. What worked? What needs improvement? Make a plan for the next exam.
- Celebrate your commitment to success. You're doing everything you can to conquer your fear. Good for you!
- Get professional help. Check out resources at your school or in the community if you still need help managing your test anxiety.

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