TIPS FOR REDUCING TEST ANXIETY

Before the Test
✓ Prepare! The more you study, the more confident you will be, and the lower your level of anxiety.
✓ Utilize the study skills you have learned.
✓ Avoid cramming - make up a study schedule well in advance and stick to it. Build some relaxation time into your schedule.
✓ Practice positive self-talk and substitute positive messages ("I’ve studied hard and I know this material") for negative ones ("I’ll never pass this test").

Getting Ready for the Test
✓ Get a good night's sleep.
✓ Take care of your body - don’t abuse food, caffeine, or alcohol. Remember that the cognitive effects of alcohol last well beyond the time that you stop drinking.
✓ Eat breakfast, but don’t go overboard on heavy foods or caffeine.
✓ Do something relaxing in the hours before the test - cramming will not help.

Immediately Before the Test
✓ Arrive at the classroom in plenty of time.
✓ Avoid talking to other students who may be cramming or worrying.
✓ Go for a walk or bring a distracter (newspaper, magazine, music) with you.
✓ Use relaxation techniques.
✓ Practice positive self-talk ("I am well prepared. I’m going to do fine on this test.")
✓ Listen to the instructions.

During the Test
✓ Scan the test to be able to allocate your time.
✓ Read each question slowly and carefully.
✓ If you get stuck on a question, skip it and go on to the next one. Remind yourself that it is only one question.
✓ Monitor your anxiety level during the exam. If you feel it rising, take some time to relax. Remind yourself that taking a few minutes to relax may be a more efficient use of your time than continuing to work unproductively.
✓ Continue to use positive self-talk, breathing, and relaxation techniques.

After the Test
✓ Figure out which techniques worked for you and which ones need to be improved.
✓ Reward yourself!