

REDUCING TEST ANXIETY

- The most effective way to reduce anxiety is to prepare and be comfortable with the material being tested.
- Don't cram! Schedule your studying over a few days (or weeks) to review material in chunks. Do not wait until the night before to study and learn everything!
- Stay positive and don't beat yourself down. You can do it! Make sure you keep this positive attitude before and during the test.
- Try exercising a few days before to reduce stress.
- Make sure you get a good night's sleep before the test.
- If allowed, have gum/peppermints with you to help you focus and relieve stress.
- Relax! If you get nervous during the test, take a few deep breaths.
- Make sure you read the directions before working. If you are confused with the instructions, ask for help.
- When you first receive the test, take a glance at the entire test so you can have an idea of which problems will take you the longest amount of time.
- Do the simple questions first. This will help build your confidence and will help with time management!
- If you get stuck, move to a different problem. Don't waste your time on one question.
- If the questions are weighted differently, do the problems that have the greatest point values first.
- Write down key facts, formulas, definitions, etc. out to the side so you can refer back to them as needed.
- Do not compare yourself to someone else, especially in terms of speed. Just stay focused and concentrated on your own test.
- If you don't know an answer, skip it and come back to it if you have time. Keep in mind that you are not perfect and can get a few questions wrong and still do well.
- Focus on what you are working on. Do not have your mind thinking about two different problems, or something unrelated to the test.