

TIPS FOR REDUCING TEST ANXIETY



STUDY!



While this may seem obvious, many students wait until the last minute to cram. Create a study plan where you spread studying out, with short breaks. See a professor or tutor for help, or create study groups.

SLEEP!

Make sure you get adequate sleep the night before in order to improve your memory and cognition. Experts recommend 7-9 hours a night. Sleep deprivation can increase anxiety symptoms as well as impair your attention span and memory.



EAT!



Eat nutritious foods in order to improve your brain function. Also drink plenty of water, and reduce or avoid caffeine and refined sugars, which can increase anxiety and depression symptoms.

PREPARE!

Have all of your materials (pencils, pens, calculator, notes) prepared beforehand so you are not scrambling at the last minute. Get to class a few minutes early so you can relax and are not stressed about running late.



RELAX!

KEEP CALM

Use calming techniques such as deep breathing through your belly and progressive muscle relaxation can help ease stress responses. Also, manage your time wisely and try to block out distractions.

BE POSITIVE!

Engage in positive self-talk, such as "I can do this," and "I am doing my best." Remember that one test does not define you and will likely not cause you to fail the entire course. Also, answer easy questions first, which can boost your confidence.

You got this!

STRATEGIZE: MULTIPLE CHOICE AND TRUE/FALSE



For multiple choice: Read all the answers carefully and eliminate answers you know are incorrect. This increases your chances of choosing the correct answer.
For true/false: Read the entire question carefully, look out for qualifiers (all, never), specific facts, and negatives.

STRATEGIZE: ESSAY QUESTIONS

Make sure you understand what the question is asking. Do a brief brainstorming session (outline, webbing). Get straight to the point; you do not have a lot of time to elaborate. Make sure to write legibly.



REFLECT AND TREAT YOURSELF!



You made it! Give yourself a post-test reward for your hard work. After you get your grade, review both your strengths and areas of improvement regarding test-taking strategies. Also review the items you missed and discuss these with your instructor.