

TIPS FOR OVERCOMING

Test Anxiety



BUILDING CONFIDENCE

DURING THE TEST

RELAXATION

TEST PREPARATION

REVIEW

GENERAL PREPARATION

BUILDING CONFIDENCE

- Tutors can help:
 - Develop good study habits.
 - Managing Time.
 - Reviewing past performances.
 - Ease outside pressures by talking them through.

DURING THE TEST

- Read directions carefully.
- Budget your test taking time.
- Change positions to help you relax.
- If you blank, skip the question and come back to it.
- There's no reward for finishing first!

RELAXATION

- Relax; you are in control.
 - Take slow, deep breaths.
- Don't think about the fear.
 - Pause and focus on your next steps.
- Use positive reinforcement.
- Expect some anxiety.
 - It's normal!

TEST PREPARATION

- Approach the exam with confidence!
- Be as prepared as possible.
- Allow yourself plenty of time.
- Avoid cramming.
- Relax and concentrate.
- Get a good night's sleep!
- Eat before taking your exam and bring a snack.

REVIEW

- After the test, review how you did.
- List what worked.
- List what didn't work.
- Make a game plan for the next test.
- Celebrate the fact that the test is over!

GENERAL PREPARATION

- Review your personal situation and skills.
- Let your professor know that you have test anxiety well before you take the test.
- Register with the office of disabilities if applicable.
- Try your best!