

TIPS FOR REDUCING TEST ANXIETY

1. Get a good night's rest before a test. Don't try to stay up all night studying. You will most likely feel tired, irritable and distracted by the time of the test.
2. Eat a moderate and healthy breakfast and/or lunch but avoid drinks with caffeine.
3. Steer clear of other students who get tense. Panic is contagious.
4. Get to class a few minutes early so that you have a chance to sit down and relax before the test starts.
5. Budget your time. Estimate how much time you have to answer each question. If some questions are worth more points than others, plan to spend more time answering them.
6. Answer the easiest questions first. Mark the difficult questions and return to them after. Don't dwell on any particular question. You may come up with the answer as you work on a different question.
7. Make a brief outline. On essay questions, instead of plunging right in, take a few minutes to organize your thoughts, make a brief outline and then start off with a summary sentence.
8. Don't create disastrous scenarios for yourself by putting your whole future on the line with a single test. It is unlikely that one test will "make or break" your chances for a happy and successful future. Learn to imagine yourself staying calm and in control. Use your imagination in a positive way and cast yourself in the role of winner, not a loser.