## Reducing Test Anxiety

**Be Optimistic:** Approach the test with confidence. It is often helpful to visualize yourself doing well, view the test as an opportunity to show what you've learned.

**Don't cram:** Make sure you space your studying over a few days or weeks before the test.

**Dress Comfortably:** On the day of big tests make sure the clothes you are wearing are comfortable. Remember it's not a fashion show, it's a test of your knowledge.



**Exercising** for a few days before the test will actually help to reduce stress.

Eat a good breakfast the morning of the test. It is hard to concentrate on an empty stomach.

Take a small snack to eat during longer testing periods.

Get a good night's sleep before the test. Your time will be much better spent sleeping rather than cramming.

**Be Prepared** – Know what materials you will need for the test. Making checklists of what you will need to bring.

**Show up early** so you will not have to worry about being late.

**Stay relaxed**, if you begin to get nervous take a few deep breaths slowly to relax yourself (or push your hands against each other).

Change positions to help you relax

**Skim through the test** so that you have a good idea how many questions there are and how to pace yourself.

Write down important formulas, facts, definitions and/or keywords in the margin as soon as you get the test, so you won't worry about forgetting them.

**Do the simple questions first** to help build up your confidence and save the harder questions.

**Don't worry about how fast other people finish their test**; just because other people finish faster doesn't mean they did better.

If you don't know an answer to a question skip it for the time being (come back to it later if you have time). You don't have to get every question right to do well on the test.