

Addressing Test Anxiety

Prepare

- Plan out your weeks so you do not get overwhelmed with homework during the week of your test
- Start studying, highlighting, and reading your test content before the week of the test
- Meet with a tutor or attend an SI session
- Do not cram
- Plan out when and how you will study
- Take breaks while studying: For every 30-45 minutes of studying take a 5-10 minute break

Focus

- Arrive early and prepared
- Preview your exam if possible
- Read directions slowly and carefully, annotate if needed
- Write down key words and mnemonics to refer to
- Chew gum or eat a snack to relieve stress
- Have confidence!

Relax

Anxious thoughts can distract us from important tasks, such as studying.

4-7-8 breathing:

- Take a slow, deep breath into your belly as you silently count to 4.
- Hold your breath for a count of 7
- Exhale completely for a count of 8.
- Repeat 3 to 7 times until you feel a sense of calm

Tension-relaxation exercise:

- Tense all the muscles in your body starting from your neck and moving down.
With your muscles tensed, hold your breath for a few seconds.
- Exhale as you begin to relax your muscles starting from your toes and moving up.

Write

Free writing reduces anxiety

- Write about and acknowledge your fears
- Recognize the amount of time you have put into studying and you are going to do your best
- Write about why it's going to be ok