

How to Manage Test Anxiety

It's completely normal to feel nervous for an exam. For some students however, that nervousness can feel debilitating. If you have a hard time concentrating during tests, feel like your mind goes blank, experience physical symptoms, or anything else, there are many things you can do to take control of how you prepare yourself to take a test.

Here's a quick video on ways you can overcome test anxiety: "How to Overcome Test Anxiety"
<https://www.youtube.com/watch?v=4PgEllewf7Y>

Top 10 Tips to Prepare for a Test:

1. Take practice tests
 - Quiz yourself on your mastery of the material, work on your test-taking skills, and practice controlling your anxiety
2. Get a good night's sleep
 - Feeling rested helps your body to relax and increases your ability to think clearly
3. Eat a good meal and reduce caffeine intake
 - Nutritious food can help improve mental stamina and level-headedness, while caffeine can increase anxiety
4. Keep things in perspective
 - While tests are important, your entire future doesn't depend on it
5. Remind yourself of past successes
 - You are already a college student, which is a huge success in and of itself. Think of exams as just another opportunity to grow
6. Don't let the test define your worth as a student
 - The results of one test do not say anything about your academic ability. They simply reflect how effectively you studied for the test and what test-taking strategies you used
7. Have a positive mental attitude
 - Remind yourself that you can do this! As easy as it is to let feeling nervous reduce your confidence, it does not outweigh all the positive actions you can take to control your success on a test
8. Just start!
 - Looking at a blank page can increase your anxiety, so after you've read the directions, just dive right in. You can always start with easier questions to boost your confidence and go back later
9. Read the directions carefully
 - Slow down and make sure that you understand what is being asked
10. Don't obsess over difficult questions
 - If you're unsure of the answer, move on and know that you can come back if there's time later on