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.