

Strategies to reduce test anxiety





Before a test-

1. Being well prepared for a test is the best way to reduce test-taking anxiety.
 2. Space out your studying over a few days or weeks. Don't cram.
 3. Try to maintain a positive attitude with realistic, constructive self talk.
 4. Get a good night's rest before the test.
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Before a test-

5. On the test day, avoid spending time with classmates who generate stress for you.
6. Use the last few moments before the test to relax. Avoid last-minute cramming. Spend your time doing something that relaxes you or makes you feel happy.





Before a test-

7. Show up to class early, so you avoid worrying about being late.
 8. If experiencing physical tension, consider going for a brisk walk or other aerobic activity that will elevate your heart rate for 20 to 30 minutes.
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During a test-

1. Remind yourself that the test is only a test.
2. Focus on integrating details into the main ideas.
3. Tell yourself that you'll do your best on the test and that's enough.
4. Take deep, slow breaths.





During a test-

5. Read all instructions slowly and carefully.
 6. If you do not understand some instructions, ask a teacher for clarification.
 7. Skim through the test so you have a good idea of how to pace yourself.
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During a test-

8. Use the margins or scratch paper to write down important formulas, facts, definitions, etc first, so you don't worry about forgetting them.
 9. Do the simple questions first to build confidence and positive momentum.
 10. Concentrate on your own pacing and don't focus on your classmates' speed.
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During a test-

11. Any question you don't know the answer to, skip it and come back to it later.
 12. Focus on the question at hand, making sure not to let your mind wander to other things.
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After a test-

1. After completing the test, reward yourself with a favorite food item, a movie, or some other treat.
 2. Maintain positive self-talk and avoid dwelling on that one question you were unsure about.
 3. Reflect on one aspect of the test experience and allow yourself a sense of pride for handling it to the best of your ability.
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