Tips To Combat Test Anxiety

FOUNDATIONAL SKILLS
Notice what you say to yourself before & during tests that psyche you out and make you feel anxious.
Give yourself pep talks to combat self-defeating & worried thoughts.
Expect some anxiety.
Identify vulnerability factors that contribute to anxiety.

PREPARING FOR THE TEST
Preparation, Preparation, Preparation.
Learn test-taking strategies.
Avoid all-nighters & cramming before the test.
Avoid anxious classmates before the test.
Practice Guided Visualizations to imagine success, promote confidence, and calm your nerves.

DAY BEFORE THE TEST
Get a good night’s sleep beforehand.
Don’t take tests on an empty stomach.
Arrive no more than 5 minutes early for tests.

ON THE DAY OF THE TEST
Relax & Breathe!
Identify and get a handle on environmental distractions.
Focus on YOU during the test and not on classmates who finish first.
Use test taking strategies: skipping & going back to hard stuff, keeping track of time & pacing yourself, read over the entire test first, not second guessing on multiple choice tests, etc.
You’re done—Reward yourself and move on!