

Conquering Test Anxiety



Physical strategies to reduce test anxiety

- Breathe!
- Smile 😊
- Take a brisk walk about 10 minutes before the test.
- Avoid excess caffeine the day of the test.
- Eat a balanced meal about an hour before the test.
- If you start to draw a blank or lose your focus, try writing (responses, formulas, questions) on scratch paper to jog your memory and refocus your attention.



Mental strategies to reduce test anxiety

- Use positive self-talk.
- Visualize success.
- Take brief breaks.
- If you start to draw a blank or lose your focus, try writing (responses, formulas, questions) on scratch paper to jog your memory and refocus your attention.