

Conquering Test Anxiety

The best way to reduce test anxiety is to be well prepared for the test. Review each day instead of attempting to cram the night before.



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.