

# 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.