

Test Anxiety Tip Sheet

Some stress and feelings of nervousness before a test can serve to help you focus and think clearly. However, with test anxiety feelings of mind blankness, pounding heart, nausea, running thoughts, and panic can severely impact your test-taking performance. Combatting test anxiety starts well before the actual test date. This tip sheet will aim to give you some strategies that can help you avoid test anxiety.

From the start of the course:

Meet your body's basic needs

Food, water, and sleep are important for basic body functions and your brain. If you can keep your brain in good working order, you are more likely to retain information and be able to focus and recall information during a test.

Study smart

Use good reading, studying, and note-taking techniques.

The morning of:

Eat a good breakfast.

Eat a nutritious breakfast that contain foods that offer a steady stream of nutrients to help you feel full longer. Avoid high sugar or junk foods fueling your body appropriately fuels your brain, too.

Find your routine.

Do what makes you feel calm, comfortable, and confident for taking a test. Consider the following:

- Dress for comfort. Wear layers so you can control your temperature during the test.
- Have coffee from your favorite mug
- Meditate.
- Schedule in an exercise session before your test.
- Listen to music that wakes you up and makes you feel positive and strong.
- Give yourself a pep talk. Remind yourself of past successes. Put the test into perspective and remember that it doesn't define you.
- Get a hug from someone you love
- Read some inspirational quotes.
- Find an opportunity to laugh. Laughing helps decrease stress and tension.

Get to school early.

Give yourself time to get used to the space. Have a look at the testing room if possible, choose a seat with few distractions.

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