

Do's and Don't s

- **Don't** cram!
- **Don't** think of yourself or the test in a negative sense
- **Don't** stay up late studying the night before. You need sleep so begin studying a week in advance if possible
- **Don't** spend time with classmates who generate stress for you on test day
- **Don't** take those last few moments before the test the test for last minute cramming. Try to relax and spend that time reading the newspaper or some other distraction
- **Don't** have a lot of caffeine or sugar. This can increase your anxiety and make you lose focus of your task at hand
- **DO** remind yourself that the test is only a test.
- **DO** focus on integrating details into main ideas
- **DO** reward yourself after the test
- **DO** something relaxing the last hour before the test
- **DO** tell yourself that you will do your best on the test and that will be enough!!

Information adapted from:

- Penn State University Learning Center-
www.ulc.psu.edu/studyskills/study_skills.html.
- http://www.learning_skills.com/test.html



Test Anxiety



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How to Deal with Test Anxiety and Succeed!

Symptoms:

Physical
Headaches
Feeling hot/cold
Faintness
Trouble sleeping
Appetite changes (overeating/not eating)
Sense of hopelessness
Problems Concentrating
Sweaty palms
Frustration



Managing Thoughts

- ***YELL STOP!***
Stop what you're doing and mentally draw a blank. Wait for the clouds to clear before continuing.
- ***Daydream***
Let your mind wander if you feel overwhelmed
- ***Visualize Success***
Thinking positively results in a higher level of energy and stress levels drop
- ***Focus***
If you feel yourself becoming overwhelmed, take a few moments to focus on something in the room. This can help you clear your mind of outside thoughts before continuing on with the exam.
- ***Praise yourself***
Talk to yourself in a positive language and encourage yourself.

Managing Physical Symptoms

- ***Focal Breathing***
Exhale slowly for 10 seconds until all oxygen is out of lungs and then slowly inhale for 8 seconds filling your rib cage. This will help focus your mind and reenergize your body
- ***Body Check***
Sit down someplace comfortable and close your eyes. Focus on the muscles of your body and one by one tell them to relax.
- ***Tense and Relax***
If you have a specific muscle group that is tense, focus on that muscle and increase tension. Ex. If your shoulders are tense, flex them and pull them back for a count of five and then relax the muscle slowly until all the tension is gone.
- ***Exercise Aerobically***
Find an activity, such as walking, biking, running, etc. that you enjoy. This can reduce stress and clear your mind.