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**Ten on Managing Test Anxiety**

**Before the test**

* Use distributed learning by studying a little bit every day.
* Follow the Study Cycle
* Create a practice test. Take it in the room where the test will take place with the same time limit as the actual test.
* Exercise to relieve tension

**During the test**

* 10 minutes before the test, write down everything you are worried about.
* 2 minutes before the test, take deep breaths
* 1 minute before, eat a peppermint candy.
* Read over the directions carefully.
* If your mind goes blank, take a break and do some deep breathing for 1-2 minutes.

**After the test**

* Review your test to see what mistakes you’ve made.
* Meet with your professor to find out the best ways to prepare for the exams.

A dining room table

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