

TIPS 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

