

Tips for Reducing Test Anxiety

- Reduce study materials to outlines, note cards, or a few key study pages. Over-learn the material
- Learn relaxation techniques to use while studying and taking the test, e.g., deep breathing, muscle relaxation, visualization, positive self-talk.
- Get to the classroom early so you can sit where you want. Avoid people who will add to your stress.
- Look over the questions to familiarize yourself with the test. Underline key words or phrases in the test directions.
- Budget your time in order to finish the test. Show as much work as possible to get partial credit.
- If you get stuck or start feeling anxious, take a mini-break to refresh yourself. For example, get a drink of water, stretch, get some fresh air.
- Don't panic when you don't know an answer, eliminate options you know are incorrect and then make an educated guess.
- If you have time, review your answers. Don't change an answer unless you are sure your second answer is correct.
- Use encouraging self-talk and have a positive attitude toward the test. Reward yourself after the test for completing it and don't dwell on potential mistakes.



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