

Reduce Your Test Stress & Anxiety

Be More Prepared For Tests & Exams

Take care of your physical and emotional well-being!

1. Learn to face fear – think what if you fail a test ...?

This is a temporary setback. We need to learn from our failures and try again. Ask about a make-up test.

2. Learn to reduce and control exam-related tension. Deal with the physical signs of your fear.

TRY:

- a. Deep-breathing exercises
TRY- Take a deep breath, Relax, say: Yes I can **TRY**.
- b. Relaxation exercises for a minute - shoulder turns/circles
- c. Positive visual imagery - create mental pictures/movies in our heads.
- d. Personal pep talks - verbal affirmations - positive self-talk. You can do it! You studied hard! Try your best!
- e. Physical exercise - swimming, walking, yoga
- f. Meditation. Try to centre yourself. Think about positive things and past successes.
- g. "One Minute Excursion"
escape to your favourite place. Go to the lake where you camp for a minute in your mind. Relax. Breathe deeply. Come back.

3. Learn how to deal with tests more effectively.

Become test wise! Learn about the test. Do the study guide from the teacher. Practise challenge questions when you study. Write.

4. Get adequate rest and good nourishment.
5. Seek counselling - get help when necessary.
6. Try to avoid cramming - study in 20 minute blocks every day. Write summaries.
7. Keep your routine in times of stress. Eat breakfast. Sleep well. Do not skip meals. Drink enough water.
8. Be prepared - start reviewing after first class with Cornell notes; read your notes. Annotate. Highlight or underline. Sum-up your notes. Make up a map to summarize. Make your note cards. Review often.
9. Network and talk to other students for tips. Quiz each other.
10. Plan something fun after the tests/exams to celebrate your effort and success.