



## Minimizing Test-Taking Anxiety



- 1.** Always consider what your unique learning style is and what the course is, and use those techniques most appropriate.
- 2.** As much as possible, avoid last minute cramming...this is often counterproductive and doesn't allow you to master the material.
- 3.** Create your own test! Before the exam, think of questions your instructor may ask and answer them using the materials you have.
- 4.** Remember your personal health and well-being is always crucial. Eat well, sleep well and exercise before your exam.
- 5.** Include scheduled breaks while you study.
- 6.** Relax the hour before the exam. Take your mind off the exam.
- 7.** Try to arrive to the exam at least ten minutes early so you can get organized and ready.
- 8.** When you get the exam, look through the entire exam quickly. Then devise a master plan and pace yourself during the exam. Consider different strategies such as doing the section with the most points first, or completing the most difficult or longest questions first.
- 9.** During the exam just focus on doing your best. Keep thoughts positive. Do NOT compare yourself to your classmates.
- 10.** If you feel yourself getting anxious, stop for a minute and take 3 to 5 deep breaths.
- 11.** When it is over, reward yourself. You did it!