

Got Test Anxiety?



*Remember that some anxiety is normal!
The best way to fight it is to . . .*

Breathe deeply and stretch your arms and legs to help relax.

Eat well and get plenty of rest.

Positive self-talk only, and visualize success.

Remain calm and focused; don't panic!

Eliminate distractions – people, noises, thoughts, and emotions.

Push the tough questions to the end; answer the easy one's first to build confidence.

Arrive early so you don't feel rushed.

Revise and complete coursework regularly, so you never have to cram.

Ensure your answers are correct by reviewing to find mistakes and make improvements.

Do your best and don't give up!