

OVERCOMING TEST ANXIETY

PREPARATION

- Start early. Review notes frequently
- Use note cards for tough concepts and possible questions.
- Review old tests; correct mistakes.
- Go to the LAC for tutoring, review sessions, and videos.
- Simulate a test-taking situation with a book or made up test.
- Review with friends.

RELAXATION

- Go to the test well rested and well fed (low sugar/caffeine).
- Relax in the testing room or another room before the test.
- Arrive early with all necessary materials.
- Lighten up. Force a smile.
- Take deep breaths. Stretch or rotate neck.
- Visualize yourself in a very pleasant setting.

EXECUTION

- Read the directions and scan the entire test.
- Pace yourself without clock watching.
- Answer the easiest questions first.
- Tackle the harder questions, doing them at least partially.
- Do not be intimidated by classmates who leave early.
- Check your work. Use all your time.

POSITIVE

- Positive thinking makes a big difference.
- If you think you can or you think you can't, you're probably right.

Use this P*R*E*P method and add your own ideas.