Test Anxiety Tips

BEFORE

1. Review your notes every day, even before you know when the test is

2. Study every night once you know the test date

3. Get enough sleep, especially the night before the test (Aim for 10 - 11 hours)

4. Eat healthy food before the test and avoid sugary food. Sugar makes it harder to focus and more likely that you'll crash

5. Create a mantra for yourself and repeat it before and during the test

6. Get to class early so you have time for a quick review

DURING

7. Read all of the directions

8. Mark the questions you know are right and circle or star the ones you don't know or are unsure of.

9. Pace yourself - pay attention to how much time is left

10. Breathe deeply

11. Ignore what others are doing - everyone goes at their own speed, and fast doesn't mean right!

12. Do your best!

AFTER

13. Do not discuss or worry about the test after - what's done is done.

14. When the teacher gives back your tests, review the questions you missed so you can understand them next time!

15. Ask questions if you still don't understand a concept - lessons often build on each other.