

WHAT CAN I DO ABOUT TEST ANXIETY?

Here are some things you can do before, during, and after a test to reduce your test anxiety.

- 1.** Use good study techniques to gain cognitive "brain" mastery of the material that will be covered on the test. This mastery will help you to approach the test with confidence rather than have excessive anxiety.
- 2.** Maintain a positive attitude as you study. Think about doing well, not failing. Think of the test as an opportunity to show how much you've learned.
- 3.** Go into the test well rested and well fed. Get enough sleep the night before the test. Eat a light nutritious meal before the test. Stay away from junk foods.
- 4.** Stay relaxed during the test. Taking slow, deep breaths can help. Focus on positive self-statements such as "I can do this."
- 5.** Don't worry about other students finishing the test before you do. Take the time that you need to do your best.
- 6.** Once you finish the test and hand it in, forget about it temporarily. There is nothing more you can do until the graded test is returned to you. Turn your attention and effort to new assignments and tests.
- 7.** When the graded test is returned to you, go over it and ask questions to see how you could have done better. Learn from your mistakes and from what you did well.

Apply this knowledge when you take the next test. You have to know the material to do well on a test. You have to control test anxiety to show what you know.

For some more study skill resources check out www.how-to-study.com

Never ever, EVER pull on "All Nighter" 'on the night before an exam. It is highly unlikely you'll learn everything you need to know in one night, even if you think you are a fast learner it's better to avoid an "All Nighter". What you may gain from that extra study time while you should be getting sleep won't compensate for the loss of alertness and ability to concentrate due to lack of sleep.

ON EXAM DAY

1. Try not to "cram" during every spare moment before an exam. This only increase the feeling of desperation which leads to panic, and then to test anxiety. You may find it useful, on the night before an exam to jot down a few ideas or facts which you wish to have fresh in your mind when you begin the exam. Read through your list a couple of times when you get up in the morning and/or just before you take the exam, then put it away. This kind of memory reinforcement not only improves your performance on the test, it also improves your long-term memory of the material. Don't make your list too long, keep it to a page or so, keeping in mind IMPORTANT ideas and facts.

- Be physically prepared
- Get a good nights sleep

Bring necessary writing materials to the test - at least 2 writing tools, erasers, calculators if you need it and they are allowed. Be aware of what the teacher has said you can use. Some teachers don't allow pencils so you have to use a pen (blue or black NO colourful ones) Some may not allow calculators. It is your responsibility to ask the teacher what they expect from you while writing the exam, otherwise be prepared for the consequences if you don't.

This may seem silly, but go to the bathroom just before the exam. Don't expect your teacher to let you leave to do this during the test' The tension which generally goes along with taking an exam may increase the need to perform this physical activity, so you may need to go, even though you don't particularly feel like it.