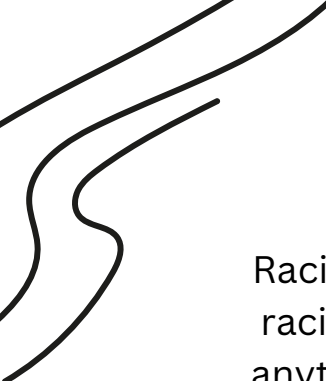




Test Anxiety

Racing thoughts, concentration difficulties, feelings of dread, a racing heartbeat, nausea, and more. Test anxiety can manifest anytime, and may have ties to feelings of perfectionism, fear of failure, or simply bad experiences with testing in the past.

Take Care of Your Body

- Get a good night's sleep. Studying all night will probably cause more harm than good.
- Eat well! Eat a nutritious breakfast before the test and avoid sugary foods. Caffeine can also increase feelings of restlessness, so avoid tossing back the coffee for now.
- Get your sweat on. Regular moderate exercise has been shown to decrease feelings of tension and improve mental clarity.
- Listen to your body. Learn what relaxation techniques work for you. Deep breathing, slow stretches, and muscle relaxation are some options.

Take Care of Your Studies

- Study Effectively. Break up study times rather than cramming.
- Utilize resources. Does that class have a tutor available? Don't be afraid to ask questions!
- Study in similar spaces. Unfortunately, your bed is not the ideal exam setting. Try studying in quiet spaces and empty classrooms if possible.
- Establish routine. Know when you are going to study and stick to it. If you can, wake up early on the test day to make sure you are not rushed beforehand.

Take Care of the Self

- Use mantras to keep a positive mental attitude toward yourself.
- Don't put too much thought into what others are doing.
- Understand that you are much more than a test score. You have put in the work, and you have done what you can.
- Still struggling? Consider counseling services to gain important coping skills for anxiety.

Sawchuk, Ph.D., L.P., Craig N. "How to Reduce Test Anxiety." *Mayo Clinic*, Mayo foundation for Medical Education and Research, 3 Aug. 2017, <https://www.mayoclinic.org/diseases-conditions/generalized-anxiety-disorder/expert-answers/test-anxiety/faq-20058195>

N.A. "10 Ways to Overcome Test Anxiety." *The Princeton Review*. n.d.
<https://www.princetonreview.com/college-advice/test-anxiety>

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