

## **When taking a test, do you ever?**

Choke  
Become queasy  
Seem to be immobile  
Tense up your muscles  
Experience a mental block  
Feel your heart beating-much too fast  
Go into the test with a lot of self-doubt  
Worry about the last test-the one you failed

## **You have test anxiety!!**

Here are some strategies to help you before, during, and after tests so that you can reduce your anxiety level and make that A.

### Before the Test

- Learn the material-be prepared.
- Practice taking the same type of test so that you can concentrate on the questions instead of the test form.
- Get a good night's sleep the night before.
- Don't go into the test on an empty stomach
- Eat fresh fruits and vegetables. Avoid processed foods, artificial sweeteners, soft drinks, chocolate, snack foods, sugar, and caffeinated beverages. These foods often intensify stress.
- Arrive to the test early so that you aren't creating a stressful situation because you're rushing.
- Avoid people who are nervous and might cause you to become even more so.
- Don't try to do last minute review.
- Decide on a treat that you are going to reward yourself with-a movie, a swim, a walk in the park, coffee with a friend.

### During the Test

- Stay positive and confident. Remind yourself that you are well prepared and are going to do well. Remember that you don't have to be perfect.

- Get comfortable. Choose a good spot to take the test with plenty of room to work.
- Preview the test. Spend a few minutes looking over the test, marking key terms and deciding how to budget your time.
- Answer the questions in strategic order. Answer the easy questions first, leaving more time for the more difficult ones. Next, answer those with the highest point value.
- Know when to guess when taking a multiple choice or matching test. Eliminate answers you know are wrong leaving fewer "right" choices.
- Don't change your answer unless you are sure of the correction since your first choice is usually correct.
- Save some time to review. Make sure you have answered all the questions-look on the backs of the pages. Check over the directions to make sure you have followed them.
- Don't try to be the first finished.
- Think about the post-exam treat that you have promised yourself.
- If you find yourself panicking try one of these quick exercises.
- Close your eyes and deep breathe for 1 or 2 minutes.
- Tense and then relax your back and neck muscles.
- Imagine a peaceful place.
- Engage in positive self-talk.

#### After the Test

- Remember that treat that you promised yourself? Go for it!
- Relax, you have earned it!
- Think back to the test and its organization and questions so that you can prepare for the next one.