

Beating Test Anxiety

First Step:

Determine the source of your anxiety-

- ✓ Fear of disappointing others
- ✓ Concern about self worth
- ✓ Fear of not being in control
- ✓ Concern over your future
- ✓ Not being prepared

Second Step:

Consider what you can do about these anxiety sources-

- ✓ Stop worrying excessively over what others think.
- ✓ Change from negative thoughts to positive.
- ✓ Prepare to do your very best.
- ✓ Ask how much impact one test actually has on your future success.

14 tips to build confidence in test

1. Be prepared.
2. Study over a period of time.
3. Get a good night's sleep.
4. Arrive early to class.
5. Dress comfortably
6. Sit where you feel more comfortable.
7. Come to the test with all your supplies.
8. Think positively about yourself.
9. Remember to breathe properly.
10. Meditate for a moment to focus.
11. Relax any tight muscles.
12. Skim over entire exam before beginning.
13. Jot down anything you are concerned about remembering.
14. Think about the work, not the worry!

