



Academic Skills Center

How To Feel Calm About Tests

1. Prepare for the test to the best of your ability.
2. Arrive at the classroom a few minutes early with pens, pencils and scrap paper.
3. Sit where you feel most comfortable and confident.
4. Avoid last minute cramming. It might interfere with what you've learned and make you nervous.
5. Skim through the entire exam before you start answering questions.
6. Jot down any lists of facts on scrap paper that you want to be sure to remember.
7. Think about the work, not the worry.
8. Think positively about yourself "I CAN DO WELL."

