Test Anxiety Tips for Success

According to the Princeton Review, the following tips can help you stay calm before and during an exam:

- **Be Prepared:** If you feel confident and ready for success, these feelings will positively impact your outcomes.

- **Get a Good Night's Sleep:** Cramming is never the answer! Getting adequate sleep will help prepare you to have a successful exam.
- **Fuel Up for Success:** Eat a healthy breakfast before your exam and bring healthy snacks to keep your energy levels up during your test.

- **Get to class – or the testing site – early:** Pack everything you need for your exam the night before. Set your alarm to allow you plenty of time to arrive at the testing site early so you can avoid feeling rushed. Hurrying to make it on time will only increase your anxiety.

- **Have a Positive Mental Attitude:** Trust that your efforts to prepare for the exam will pay off positively. You're ready! Remind yourself of this by using positive self-talk like, "I got this!"

- **Read Carefully:** Slow down, take your time, and read the directions, questions, and possible answers carefully. Doing so will help you select the best answer for each question.

- **Just Start:** After you've read the directions, get started on your answer. If it's an essay question, start with your answer outline so you have a plan to provide a comprehensive answer. If you're stuck on a true/false or multiple choice question, read through a few of the questions and answer those you feel comfortable with. Your confidence will increase, thus helping you tackle the more difficult questions successfully.

- **Don't Pay Attention to What Other People Are Doing:** Don't worry about what others are doing. Focus on your test. Remember you've prepared for success. Trust that preparation and tackle each question.

- **Watch the Clock:** Before you begin, review the types of questions and the number of each. Decide on how much time you'll need to successfully answer each question, and keep that clock running in your head to ensure you've got adequate time.

- **Focus on Calm Breathing and Positive Thoughts:** Keep your thoughts positive and focused. Taking controlled, deep breaths can help calm any anxiety you might be feeling and help you refocus on the exam.

Information retrieved from: https://www.princetonreview.com/college-advice/test-anxiety

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