

Overcoming Test Anxiety



Mind Going Blank?

Deep breath. 10 slow, deep breaths, in through nose- out through mouth

Use positive self talk

Remember that YOU are in control!

Re-read the question in a whisper voice

Tense & relax your muscles 3 times starting at your feet, then calves, thighs, stomach, back, shoulders, arms, neck & face

Reading Too Quickly?

Use your arm



a blank index card

or fold your test to block off the rest of the test so you can stay focused on one line at a time

Restricting your vision to the question or one line of a question at a time helps your eyes

Mind Wandering?

Circle direction & key words

Use self talk and whisper to yourself:

"My eyes & mind need to stay focused "

"This is just another assignment"

"I know I can figure this out. I am calm. I am confident"

Before the test:

Steps to make test time easier

Be Prepared:

Organize the material that you need to study.
Don't cram the night before! Studying in half hour increments is smart, so be sure to give yourself enough time to study



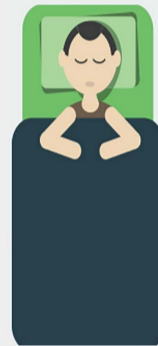
Exercise:

Regularly exercising can sharpen your mind. Exercising is a good way to relieve stress. Walking & yoga are great ways to exercise



Good Nights Sleep:

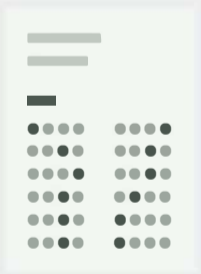
It is very important to be well rested the day of the test



During the test:

Budget Your Time:

If you go blank on a question, skip it and go on.
You can always go back to the question later



Relax!
BREATH!
Repeat!

Read the directions carefully

Eat healthy food:



Eat lots of Fruits & Vegetables!
Avoid fried foods, junk/snack foods, processed foods, etc.

After the test:

Don't Panic!!!

Remember: the test does not define who you are or your worth

Review:

After the test, review how you did
Were there strategies that worked or did not work?
What can you do next time to make your test time better?

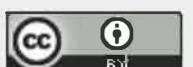


for more information go to:
Study Guides and Strategies

CONGRATULATIONS!! YOU DID IT!!

Visit www.icehp.org for more academic support tips!

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