



Top 10 Tips to Manage Test Taking Anxiety

A Study Guide to Manage Test Anxiety

What is test anxiety and how can understanding it help make you more successful in school?

According to kidshealth.org, test anxiety is something a person develops when under pressure to achieve something specific. It can result in physical symptoms such as "butterflies", a stomach ache or tension headaches. Understanding them lessens fear of the unknown and takes away the feeling of isolation creating thinking it happens only to you.

1. **Develop good study and time management habits**...feeling and being prepared is the first step. Going to class is not enough. Take time to review notes, self-test, ask questions. BE proactive in your education and invest yourself.
2. **Take care of yourself**...research shows that eating properly, getting enough exercise and a good nights sleep is the biggest part of the battle. Take a deep breath as you sit down to take the test.
3. **Be confident**...replace negative thoughts with positive ones. If you go into an exam telling yourself that you cannot do well, you have already lost. If you have studied and prepared, remind yourself of the work you did and have confidence.
4. **Be organized**...the night before the test, put everything you need for the next day in a place where it will be easy to grab and go. Running around looking for books, notes and other things will start the day off on the wrong note.
5. **Allow yourself plenty of time**...get to class a little early and find the most comfortable spot in the room with the right lighting. Put yourself in a positive place to start and the rest can follow.
6. **Don't cram**...studying for hours on end the night before will only exhaust you. Prepare ahead of time and review over a period of nights for 30 minutes at a time. Repetition helps retention.
7. **During the test**....
 - **Read the questions carefully**...don't rush, make sure you know what the instructor is asking
 - **Budget your time**...if you get stuck on a question, move on and go back when the rest is done
 - **Expect the anxiety**...don't be surprised by it, use it as positive energy. It is a reminder that you want to do your best
8. **Focus**...if the test is harder than you expected, just do the best you can. It may very well be enough to get a good great.
9. **Don't panic of others finish before you do**...there is nothing wrong with being the last to leave.
10. **Figure out what works for YOU**...it may take some time, but you will find a way to relieve your stress if you understand where it comes from.

Nothing diminishes anxiety faster than action. ~Walter Anderson