

Quick Tips for Reducing Test Anxiety

- Learn relaxation techniques to use while studying and taking the test:
 - Engage in deep breathing for 2-5 minutes. Close your eyes and concentrate on the air going in and out of your lungs. Take long, deep breaths, fill your lungs and abdomen, hold your breath, and then exhale.
 - Tense and relax different muscle groups. For example, if your shoulders are tense pull them back and hold them for a few seconds, then relax. This will help you to be aware of the relaxation of muscles and help you to relax more.
 - Engage in guided imagery for a few minutes. Pick a scene that you find peaceful, beautiful, and natural. Think about what you see, what you hear, what you feel and what you smell while in this scene.
 - Engage in positive self-talk (i.e. “this is only one test,” “I am familiar with this material,” “I have the ability to do this,” etc.).
- Get to the classroom early so you can sit where you want. Avoid people who will add to your stress.
- If you get stuck or start feeling anxious, take a mini-break to refresh yourself, e.g., get a drink of water, stretch, get some fresh air.
- Don’t rush through the test, but work at a comfortable, pace and don’t worry about how far along your classmates are on the test.
- Eat something or chew gum as an anxiety distraction.
- Think about post-exam rewards for a minute as a way to motivate yourself.