



Strategies for Reducing Test Anxiety

Before the Exam

- Prioritize your sleep
 - Seven (7) or more hours each night
- Reduce caffeine intake
 - Too much caffeine can interfere with your sleep and ability concentrate
- Try out [Progressive Muscle Relaxation](#) or [Meditation](#)
 - Reduce anxiety and focus on the present
- [Positive Affirmations](#)
 - Ex. "I feel relaxed and confident during tests" "I am looking forward to a great score on this test"
 - Repeat these simple phrases to yourself multiple times a day and when you go to bed
- Prepare for the exam
 - Ask your professor for recommendations on how to study for their exam
 - Form a study group
 - Only if you know you can stay on task!
 - Create your own study guide and study plan
- Plan a reward for yourself to enjoy after the exam
 - Ex. Go out for a meal, watch a movie, read a book, listen to music etc.

Day of the Exam

- Move your body (ex. walking, going to the gym, even stretching!)
 - Get rid of any nervous energy you have before taking the exam
- Arrive early and find a good spot with few distractions
 - Helps you focus and relax before the exam
- Identify your anxiety early by noticing your physical responses
 - This will help you ground yourself back in the moment and focus on the exam
- Avoid frequently checking the time
 - It just builds up unnecessary anxiety
 - Remember that everyone takes test at a different pace and those that finish first are not always the smartest ones

References

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