

# Hints on Reducing Test Anxiety

1. Be prepared! Learn the material thoroughly.
2. Get a good night's sleep the night before the exam.
3. Allow yourself plenty of time to do the things you need to do before the test and still arrive a few minutes early.
4. Relax just before the exam.
5. Don't try to do a last minute review.
6. Don't go to the exam on an empty stomach.
7. Take a piece of candy, or some other nourishment with you to help take your mind off anxiety.
8. Approach the exam with confidence. View the exam as an opportunity to show how much you've studied and to receive a reward for the studying you've done.
9. Budget your test taking time.
10. Read the directions carefully.
11. Change positions to help you relax.
12. If you go blank, skip the question and go on.
13. If you're taking an essay test and you go blank on the whole test, pick one question and start writing. It may trigger the answer in your mind.
14. Don't panic when students start handing in their papers. There's no reward for being the first one done.