

Test Anxiety Strategies

	Before the Test	During the Test	After the Test
Physical	<ol style="list-style-type: none"> 1. Regular exercise 2. Good Nutrition 3. Healthy Lifestyle 4. Maintain schedule of short study periods with frequent physically-active breaks 5. Find your way to the test site beforehand. 	<ol style="list-style-type: none"> 1. Chair Grab 2. Palming Method of Visualization 3. Breathing Exercises 4. Take Breaks 5. Neck Stretch 6. Avoid the “Bloodless” Hand 	Continue strategies from before the test
Mental	<ol style="list-style-type: none"> 1. Imagine the worst possible outcome 2. Practice Tests 3. Active study techniques 4. Avoid cramming 	<ol style="list-style-type: none"> 1. Visualize success 2. Answer a question you know 	<ol style="list-style-type: none"> 1. Test error analysis 2. Start preparing for next test NOW!
Emotional	<ol style="list-style-type: none"> 1. Yell “STOP” and remove negative thoughts 2. Talk to others 3. Develop an attitude of confidence toward the test. 4. Leave anger and other personal issues at home. 5. Learn to diffuse your body’s panic response. 	<ol style="list-style-type: none"> 1. Use self-talk – try to stay content related rather than evaluating progress. 2. Try to ignore the test anxiety; don’t let it overwhelm you. 3. Don’t panic if others finish early. 	<ol style="list-style-type: none"> 1. Take a class on coping with test anxiety 2. Find a counselor who works with students who have test anxiety.