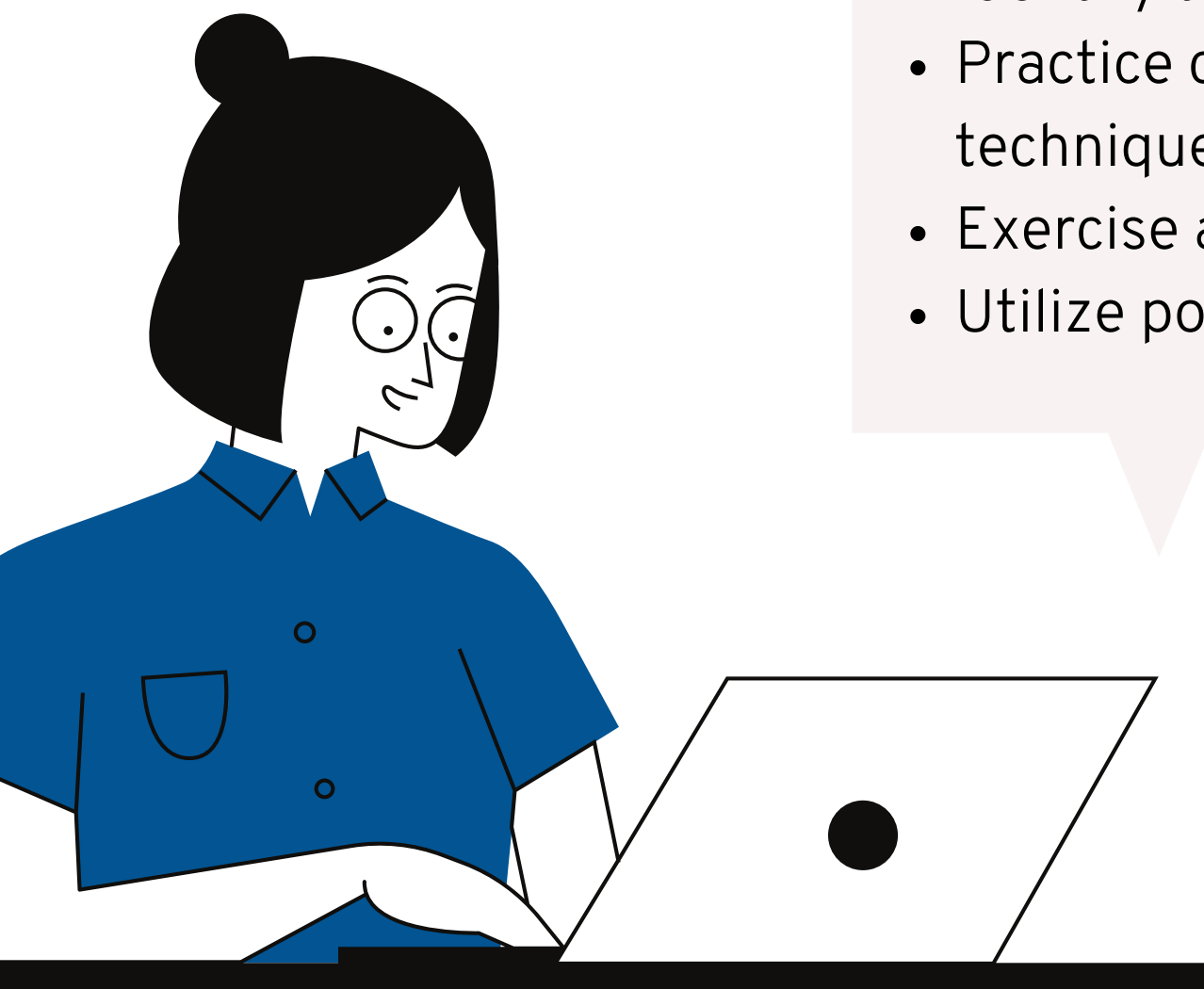


TIPS FOR OVERCOMING TEST ANXIETY

Learn more at: www.verywellmind.com



Managing Anxiety:

- Identify the thoughts and behaviors that increase your anxiety
- Practice coping skills such as deep breathing and grounding techniques
- Exercise and make time to relax to reduce levels of anxiety
- Utilize positive self-talk

Before the Test:

- Continuously review class materials to be well prepared
- Study throughout the week(s) before the test
- Get a good night's sleep - lack of sleep can increase anxiety
- Eat a small meal or snack before the test to help with your focus
- Ask your professor any questions you have in advance

During the Test:

- Write in the margins things you're afraid of forgetting such as formulas or mnemonic devices
- Skim through the test to pace yourself
- Answer the questions you know first
- Concentrate on your own test, not how fast others are going

Do's & Don'ts:

Do:

- Remind yourself this is only a test
- Do tell yourself that you will do your best and that is enough

Don't:

- Think of yourself or the test negatively
- Spend time with people or do things that generate stress on test day

Resources:

UMASS Dartmouth Tutoring:
Academic Resource Center
Telephone: 508-999-8709

UMASS Dartmouth Counseling:
Counseling Center
Telephone: 508-999-8648

