

Strategies for Overcoming Test Anxiety

Find the Right Relaxation Technique

The goal here is to refocus your attention towards calm and increase your awareness of your body. Try one of these three techniques: autogenic relaxation, progressive muscle relaxation or visualization



Building a Strategy for Success



Improve your time management skills

Be prepared

Approach the exam with confidence

Treat your body well

Sweat it out



Visit your counseling center

How to Get a Good Night's Sleep

When you are well-rested you can have more energy, be more productive and feel more emotionally balanced.



- Stick to a sleep schedule
- Be careful of what you eat and drink
- Create a bedtime ritual
- Make your bedroom your haven

Tips for Test Day



- Allow yourself plenty of time (arrive early).
- Make sure you eat a healthy snack beforehand.
- Before you start, read the directions carefully.
- Budget your time wisely – you can always skip a question and go back.
- If you have to write an essay, create an outline first.
- Stay focused on the test and not the other students.