

Tips on Relieving Test Anxiety

- ◆ **PREPARATION** You will be more relaxed if you are confident with the material.
- ◆ **TIME TO STUDY** High-pressure study creates a sense of panic and frustration.
- ◆ **REST DURING EXAM WEEK** Manage your time, **all night cramming sessions do not allow retention of material.**
- ◆ **ALLOW YOURSELF TIME** Arrive early to allow yourself a few minutes to collect yourself and to go over last minute details. Don't Rush!
- ◆ **EAT A HIGH PROTEIN SNACK** before your exam. Avoid excessive caffeine
- ◆ **WEAR COMFORTABLE CLOTHES**
- ◆ **IF YOU GO BLANK ON A TEST QUESTION**, take a deep breath and clear your mind. If you still draw a blank, go on to other questions.
- ◆ **PUT THE EXAM INTO ITS PROPER PERSPECTIVE** the exam is important, however if you don't do as well as you think you are able don't hesitate to speak with the instructor. Help is available.