

Tips for combating test anxiety

What causes test anxiety?

- The expectation that you will not do well on the test
- Not being prepared and worrying about past tests, how others are doing on the test, and what might happen if you fail

How does your body feel?

- “Butterflies” in your stomach, stomach pains, or nausea
- Headache
- Tense muscles
- Feeling like you might pass out
- Sweating
- Shaking

How to combat test anxiety

- Be prepared
- Study early, often and effectively
- Learn and use memory cues
- Write down any formulas you might need before you start the test so that you don't worrying about forgetting them

Be comfortable

- Wear comfortable clothes
- Dress in layers so that you won't be too hot or too cold
- If possible, get up and stretch occasionally
- Change positions in your seat

Encourage yourself

- Maintain a positive attitude when studying and while taking the test
- Use positive reinforcement – tell yourself, "I can do this!"

Relax

- Don't panic
- Avoid talking to other students who are nervous or saying negative things
- Visualize a peaceful setting
- Take deep breaths
- Relax your muscles
- Take your time
- Skip questions you don't know and come back to them later
- Don't worry about how fast other people are going
- Use your time wisely

Take care of yourself

- Eat a healthy breakfast
 - Avoid caffeinated drinks and other foods that increase anxiety
 - Get a good night's sleep
 - Get regular exercise for a few days before taking the test
- See more at: <http://www.houstonisd.org/Page/74986#sthash.vc3KgquS.dpuf>