



Reading Study Center
(920) 424-1031
N/E 201

Ten Tips for Reducing Test Anxiety

- 1. Be prepared!!** Keeping up with assignments, attending all classes, and reading textbook chapters will help you be prepared for tests. Incorporate as much self-testing in your review as possible.
- 2. Avoid Cramming!!** You will not be able to master a semester's worth of information the day before the test. Trying to do so will easily produce test anxiety. Instead, follow the learning principle of distributed practice, which means to study for short periods of time throughout the entire semester.
- 3. Think positively!!** By thinking positively about tests, studying will be more enjoyable and your performance may be improved. Remember -- this is only a test, and there *will be* others.
- 4. Approach the test with confidence.** Think of the test as a way to show your instructor what you have learned and studied. Be proud of your accomplishments!
- 5. Relax before the test.** Make sure you get a good night's sleep before the test, don't talk to friends about the test material right before the test, and sit by yourself—away from distractions. Finally, take some slow, deep breaths and you will be ready to test!
- 6. Read all the directions carefully.** Take the time to read the directions thoroughly so you know what the instructor's expectations are.
- 7. If your mind goes blank, skip the question and move on.** You do not want to spend time on a question you have no idea about. Mark the question in some way that helps you remember to go back and look at it. Perhaps leaving the question blank and coming back to it later will prove beneficial – without the pressure, you may remember the answer.
- 8. Focus and do your best.** It is time to take the test. Focus on the test, clearing your mind of distractions or interferences, and do your best. At this point, that is all anyone can expect.

reward for being the first one done!! Take your time and do a thorough job.

10. **Reward yourself!** After the test is done, reward yourself. You deserve a “treat” after studying so hard.