Test Anxiety:

1. Impacts thoughts and feelings
2. Address thoughts:
   a. Silence negative thoughts by saying “stop”
   b. Daydream about your friends, wish list, etc
   c. Visualize success by imagining yourself receiving a good grade, passing, etc
   d. Focus on the here and now
   e. Praise yourself for preparation, skills, and accomplishments
   f. Jumping to conclusions is not a form of exercise
3. Address feelings:
   a. Breathe (deep inhales and develop mantra – I am at peace)
   b. Scan your body (touch the muscles in legs/arms; work out the tension and sit up straight, and hold the seat while trying to relax)
   c. Tense and relax (tense your muscles and then release them)
   d. Use guided imagery – take a quick fantasy trip
   e. If allowed, use scrap paper to do a brain dump of information
   f. Get help if chronic and worries impact you daily
4. Exam behaviors:
   a. Preparation increase confidence and results: daily, weekly, and major reviews occur independently, in class, and in groups (tutoring or study buddy)
   b. Good night sleep; avoid all nighters and cramming
   c. Issues during exams; can ask for a very quick bathroom break. Recognize your physical reaction and intentionally calm yourself through breathing exercises and positive thoughts.
   d. After exam, review it and talk about it with professor and friends.