Test Anxiety and Stress Management

Test anxiety and stress are normal parts of college! You are not the only one who feels overwhelmed and nervous at points during the semester.

How you manage your feelings of stress and test anxiety is important, and will allow you to do your best, and get your best result.

Tips:

- Take care of yourself!
  - Eat well balanced meals- get enough protein, and water. Your brain needs fuel!
  - Get enough sleep- this is not just the night before the test, but in general. You cannot keep your memory sharp and have engaged learning without enough rest.
  - Do some physical activity. You do not have to go to the gym, but you should get some active movement in- get outside if possible. Fresh air is good for you!

- Study in the same environment: proper lighting, no distractions (no music, phone, etc.)
- Sit in the same seat you sit in for lecture when you take the exam. It is familiar, and you are comfortable in it.
- Focus on YOU: don’t worry about what others in your class are doing, and when they are turning tests in, do YOUR best.
- Visualize success. You need to study, but when you get nervous take a deep breath and remind yourself you are prepared for the exam.
  - Set reasonable goals:
    - It may not be possible to score a 100%, but it is reasonable to set a goal of doing your best, or an achievable grade such as a 70.
- When you get to the exam, take a blank piece of paper and write down all the important points you remember (Brain Dump). You can practice this during your studying, and when you get nervous and need to look at it while taking the test, the important material you have written down is already there.
- Utilize campus resources if everything seems unmanageable:
  - Counseling Center
  - Center for Academic Success