

ANXIETY CONTROL PROCEDURE

1. Close your eyes
2. Breathe in slowly to the count of seven
3. Breathe out slowly to the count of seven
4. Continue this slow breathing until you feel your body begin to relax (For most people 2 -4 cycles)
5. Open your eyes and give yourself a positive, very specific self-talk. ("You're sure to do well. You studied hard and correctly. You're doing the best you can.")

The whole procedure should only take about a minute.

TL,DR Version

Start Preparing Early - cramming doesn't work. Start studying early and decrease in smaller blocks each day.

Create a Study Plan- without one, you won't block off the appropriate amount of time at the correct time of day for you.

Learn HOW to Study- it's not as simple as reading and rereading notes. There is science and art to studying correctly and well.

Keep a Positive Attitude- self-worth doesn't rely on a test's outcome. Remind yourself of this. Follow the Anxiety Control Procedure.

Read Carefully- handouts, instructions before you begin, each question, possible answers. Not doing this is the main reason for careless answers.

Utilize Practice Tests- you may have to make them yourself or find similar ones online, but they will aid in overcoming anxiety and getting your timing down.

TL,DR Version

Sleep, Eat, Drink- your body needs the correct fuel and right amount of rest for a few days before the exam. Don't starve it.

Start With What You Know- move through the test slowly answering what you know first. Save really hard questions for later.

Use "Boring" Methods- flashcards, word lists, recopying notes. None of these are fun. But they greatly aid in memory retention.

Arrive Early, Stay Focused- take a walk around the building and don't talk to other test-takers. Don't worry about the other test-takers. Bring earplugs, if they help.

Dress Comfortably- stay appropriate, but wear something that is comfortable and helps you relax. Stay away from clothes that need adjusting or are too tight.

Take A Break- even if only at your seat. Perform the Anxiety Control Procedure, stretch your arms and legs, roll your shoulders. Go to the bathroom (if able).

Additional Resources

Jim Wright - Managing Test Anxiety. Ideas for Students (PDF)

What Is Test Anxiety? Kendra Cherry (Article)

Sources

Academic Support. *Overcoming Test Anxiety*. Johns Hopkins University.

<https://academicsupport.jhu.edu/resources/study-aids/overcoming-test-anxiety/>. Accessed 26 October 2022.

Downs, Cecelia. *Managing Test Anxiety*. Counseling and Psychological Services. Brown University.

<https://www.brown.edu/campus-life/support/counseling-and-psychological-services/managing-test-anxiety>.

Accessed 26 October 2022.

Mometrix Test Preparation. *Test Anxiety Tips*. <https://www.mometrix.com/academy/test-anxiety-tips/>. 9 May 2022.