Keys to Managing Test Anxiety
Proper Test Preparation
Better Earlier Than Later.

Preferably learn the material days or weeks before the test. Then review it a time or two prior to the night before the test. Time management is critical.
The Night Before the Test

- Do not try to learn a lot of new information the night before the test. It can disturb your memory of the parts you have already learned.

- On the night before the test, conduct an organized final review of the material you have learned using lots of multi-sensory self-testing. **Prove to yourself that you know the material!**

- Get your normal amount of sleep the night before.
Proper Physical Preparation
- Maintain your normal caffeine intake.
- Eat a light meal or healthy snack during the last two hours before the test. If possible, eat some fruit or drink some fruit juice during the hour before the test.
- Arrive in the test room about 5 minutes early with plenty of test taking supplies.
- Try to sit where there are the fewest distractions. Never sit where you can easily read another student’s work.
Monitoring and Managing Stress During the Test
- Work the easiest sections of the test first.
- Pay attention to your body, especially your heart rate, respiration rate, and muscular tension.
- When you notice warning signs of stress, act at once to reduce your stress level.
- Remember this sentence: Psychological stress and muscular tension MUST CO-EXIST. Lowering one automatically lowers the other.
- Use simple relaxation exercises to lower your stress.