Reduce anxiety by thoroughly preparing for the test.

2 Study habits
   • Begin studying even if you only have a few minutes
   • Reserve times of high energy and alertness for hard subjects
   • Study in an environment which will allow you to concentrate
   • Deal with distracting ideas while studying by jotting them down on a piece of paper to be reviewed later
   • Follow study time with reinforcement (ex. Study fifty minutes, break ten minutes)
   • Use more spaced than massed (cram sessions) study time.

3 Test preparation – teach the material instead of rereading it.

4 Establish contact with teacher to reduce “opponent” feeling.

5 Pre-experience in your mind taking test in a positive manner (mental rehearsal)

6 Get a restful sleep the night before the test and relax before you take the test.

7 Keep test in perspective with more important things in life.

8 Go to testing room a few minutes early to avoid “rushed feeling”

9 Taking the test
   • Use slow, deep breathing for a few minutes to relax
   • Scan test
   • Jot down memorized details
   • Answer questions you know first, and come back to difficult questions
   • Give yourself positive messages
   • Close eyes and relax for a moment if tension builds
   • Answer “long-shot” items as test time nears end

10 React in a positive way to test performance after the test.