

10 Simple Tips to Beat Test Anxiety

Presented by **GoZen!**

Before



1) Choose more sleep

Sleep more, cram less!
If you sacrifice valuable sleep you are more likely to have problems taking a test the next day.

2) Study like Batman

Study in the same place, at the same time each day. Your brain interprets those cues as meaning it's time to study, which can improve discipline and focus.





3) Write five of your greatest strengths on a piece of paper

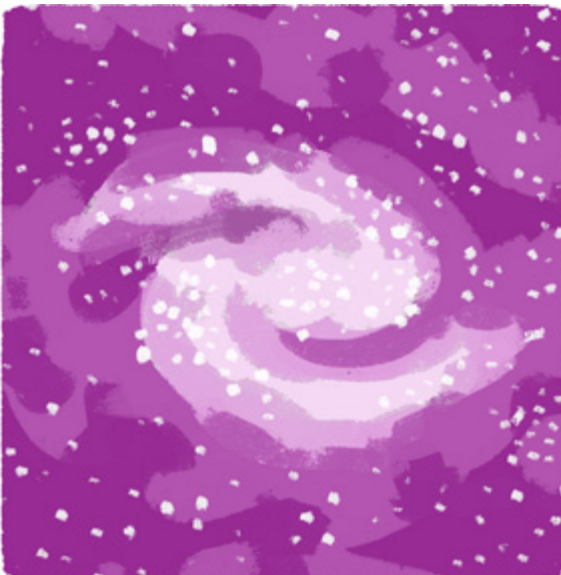
Your value is not dependent on how well you do on the test.

It's always great to remind yourself of this :)

On the day

4) Eat well before leaving for the test

It's hard to concentrate when the rumbles from your stomach distract you!



5) Keep it in perspective

Remember, this is one test. Your worth is not contingent on how well you do on this test.

6) Let yourself be excited rather than anxious

Instead of thinking, “I’m a ball of nerves,” say, “I’m excited! My body is preparing me to do well on this exam.” Research shows that when you reframe performance anxiety into excitement, you are likely to perform better.



During



7) Read the instructions well

Reading instructions and looking over the test will not only help you avoid costly mistakes, it will help you gauge how much time you can spend on each question to finish the test on time.

8) Talk to your negative thoughts

“Hey thoughts, I see you’re here and thanks for worrying about me, but I’m fine. This is just a test.”

By addressing your anxious thoughts, you are acknowledging them without giving into them.





9) Skip the tough stuff at first

Sometimes it helps to warm up with the easier questions.

It's OK to skip difficult questions and come back to them after you've finished the rest of the test.

After

10) Savor your success

Take a minute to savor that you successfully completed the test. Do a happy dance, take a little nap, or grab some food with your friends!



Sources

On sleep: <http://newsroom.ucla.edu/releases/cramming-for-a-test-don-t-do-it-237733>

On strengths: Bowers, K. M., & Lopez, S. J. (2010). Capitalizing on personal strengths in college. *Journal of College and Character*, 11 (1).

On being excited: <http://www.hbs.edu/faculty/Pages/item.aspx?num=45869>

On self-disputation: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3673298/>

On savoring: <http://www.tandfonline.com/doi/abs/10.1080/17439760.2012.671345>

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