



## How to Keep Calm During Tests

Tests can sometimes make you feel nervous, worried, or overwhelmed. Test anxiety can be a good thing. When it's manageable, it can help us develop an urgency to get prepared in advance. But too much anxiety can become crippling by clouding our ability to think, process information, and find answers in our brains when that all-important test is right there in front of us.

### **Here's how to build confidence and reduce test stress:**

#### **Prepare throughout the semester:**

Keeping up with your coursework on a class-by-class basis is the most important thing you can do to go into exams confident and calm. Having regular, shorter study sessions over periods of weeks or months is a better way to learn material than doing one or two cram sessions a day or two before the exam. At the very least you should review your notes and course materials weekly.

#### **Know Where, When and What:**

Know where the test is being held, set a reminder for the date of the exam and know what you will need the day of the exam.

#### **Ask Questions:**

Uncertainty leads to increased anxiety. Be sure that you know what you're being asked to do, don't be afraid to ask questions.

#### **Avoid Excessive Doubt and Practice Relaxation:**

Don't return to questions you've already answered and change your answers unless you've suddenly remembered an answer or the right answer was triggered by something else on the test. If you do start to panic, take a drink of water or take a breathing break. Remind yourself that this is just a test and, while you may need to prepare better next time, you just have to do the best you can in the moment.

Stay calm, take your time. BELIEVE in yourself.