

# Reducing Test-Taking Anxiety

*Test-taking anxiety is the result of excessive worry by a student about doing well on a test. This can become a major hindrance on test performance and cause extreme nervousness and memory lapses among other symptoms.*

## ***The following are tips on reducing test-taking anxiety:***

- Being well-prepared for the test is the best way to minimize test-taking anxiety.
- Space out study over a few days or weeks and continually review class material. Do not wait until the night before to learn and/or review test materials.
- Try to maintain a positive attitude while preparing for and taking the test.
- Exercising for a few days before the test date can help reduce stress.
- Get a good night's sleep before the test and eat a light, healthy meal before testing.
- Show up in class early to lessen worry about being late. Bring any required testing materials.
- Stay relaxed. Taking a few slow, deep breaths can reduce anxiety.
- Read the test directions slowly and carefully. Don't hesitate to ask for clarification from the instructor.
- Skim through the test to estimate time needed and pace the speed of answering questions accordingly.
- Write down important formulas, facts, definitions and/or keywords in the margin first to reduce worry about forgetting them.
- Answer simple questions first to build confidence and allow needed time for the more difficult questions.
- Do not worry about how fast other people complete their test. Speed is not an indicator of success.
- If unable to answer a question, skip it and come back to it later as time allows. Remember that it is not necessary to answer every question correctly to do well.
- Stay focused on each question and concentrate on successfully completing the test.

***If you still experience extreme test-taking anxiety after following the tips listed above, contact the Academic Success Center to schedule an Academic Coaching session.***

Adapted from <http://www.testtakingtips.com/>