

## **Ten Tips for Reducing Test Anxiety Don't Panic—Pass!**

1. **Prepare** for the test! You will feel more secure if you know the material. Remember that **studying is practicing to take the test**.
2. **Exercise** well the day before, and then get plenty of sleep the night before the test. Staying up all night *reduces* your chances for a good grade.
3. **Eat** well-balanced and healthy meals—but don't overeat. Keep your energy level high with small and light snacks throughout studying and before the test. If you are permitted to take food and drink into the classroom, take something with you to keep your energy high, especially if it's a long exam.
4. **Plan ahead** so that you arrive at the test with pencils, pens, and paper – whatever you'll need – on time!
5. **Arrive early**, but do *not* cram right before the exam. Instead, relax and breathe deeply. Put your hand on your stomach right below your rib cage. Feel it move in and out while you slowly inhale and exhale. Consciously release tension throughout your body—from your head to your toes.
6. **Free write** about your test anxieties ten minutes before taking the exam. A recent University of Chicago Study shows that this allows you to release your worries before the exam begins so that you can remember what you have learned and studied. (<http://news.uchicago.edu/article/2011/01/13/writing-about-worries-eases-anxiety-and-improves-test-performance>)
7. **Be confident**. This is your chance to find out what ideas your instructor thinks are important, and it's also your opportunity to show what you know.
8. **Read carefully** all directions and questions. Underline key words. This is **not** the time to practice speed reading and skimming!
9. **Budget your** time before you begin. Scan the number of questions and the point values. On scratch paper or in the margin of the test, create a time plan for the total allotted time of the testing period. Begin with and assign the most amount of time to the questions with the highest point value. Allow for time to proofread and review your responses.
10. **Do not panic** if you are not the first one done. You will be graded on your answers, not your speed. If you finish early, make sure you responded to all of the questions and followed directions. But—don't obsess or rethink multiple choice questions.

*For severe anxiety, contact UNI's Counseling Center, 103 Student Health Center, 273-2676*