

## **Quick Tips for Banishing Test Anxiety**

### **BEFORE THE TEST:**

- Being (and feeling) prepared for a test is the ultimate way to prevent test anxiety. Start preparing well in advance and use good academic habits – like using a planner, and the many other ideas from ASP.  
*PSST!* Implementing good academic habits is like a muscle. You are building it every day, so know that the more you use these habits, the stronger and better you and your grades will get!
- Sleep at least 8 hours the night before the exam - and the night before that! Researchers say that this allows what you studied to seep into your brain more effectively.

### **DURING THE TEST**

- "Don't let what you cannot do interfere with what you can" - John Wooden. If you're taking a test you didn't study for, obviously you can't do anything about that now, so put it behind you. Focus only on what's right in front of you and do the best you can. Don't waste time beating yourself up.
- Don't forget to breathe – seriously! Many times when we're anxious, we hold our breath a little without realizing it – which blocks oxygen – and answers! – from flowing to the brain. Easy enough, right?
- Any time your brain wanders into worries about the grade, bring it back to the present moment – you didn't even take the exam yet! Your brain can only concentrate FULLY on one thing at a time, so dive into what you're doing – your brain will be too busy to start creating horror stories. (Our brains like to be dramatic sometimes.)



### **AFTER THE TEST**

- Not that this will happen, since you're already preparing (by reading this right now!) any time you have bombed a test, try to think of it as a learning experience. Why? Because continuing to torture yourself over a bad grade can put you on a negative spiral. Even if it was an important exam, LET IT GO. How? Think of the quote from Paul Romer: A crisis is a terrible thing to waste.

“While one person  
hesitates because  
he/she feels  
inferior, the other is  
busy making  
mistakes and  
becoming superior.”  
–Henry C. Link