**How you do to control test anxiety?**

- Be well prepared for the test- STUDY!
- **Think positively**, e.g., "I got this! I've studied and I know my stuff."
- Before you go to bed on the night before the exam, **organize anything that you will need for the exam** -- pen, pencil, ruler, eraser, calculator, etc. Double check the time of the exam and the location.
- Set the alarm clock and then get a good night's sleep before the exam.
- **Get to the exam on time** - not too late but not too early.
- If this will make you more anxious, **be cautious** about talking to other students about the exam material just before going into the exam
- Sit in a location in the exam room where you will be **distracted as little as possible**.
- As the papers are distributed, **calm yourself by taking some slow deep breaths**.
- Make sure to **carefully read any instructions** on the exam.
- As you work on the exam, **focus only on the exam**, not on what other students are doing or on thinking about past exams or future goals.
- If you feel very anxious in the exam, **take a few minutes to calm yourself**. Stretch your arms and legs and then relax them again. Do this a couple of times. Take a few slow deep breaths. Do some positive internal self-talk; say to yourself, "I will be OK, I can do this."
- If the exam is more difficult than you anticipated, **try to focus and just do your best**. It might be enough to get you through with a reasonable grade.
- **Treat yourself**! Starbucks? A Nap? Whatever you need to reward yourself for a job well done!

**What does test anxiety feel like?**

- Physical symptoms:
  - Dry Mouth
  - Faintness
  - Feeling too hot/cold
  - Headaches
  - Nausea
  - Shortness of breath
  - Sweaty palms

- Emotional symptoms:
  - Crying easily
  - Getting frustrated quickly
  - Irritable
  - Mind goes blank
  - Overwhelmed
  - Racing thoughts