



# Tips To Combat Test Anxiety

## **FOUNDATIONAL SKILLS**

- Notice what you say to yourself before & during tests that psyche you out and make you feel anxious.
- Give yourself pep talks to combat self-defeating & worried thoughts.
- Expect some anxiety.
- Identify vulnerability factors that contribute to anxiety.

## **PREPARING FOR THE TEST**

- Preparation, Preparation, Preparation.
- Learn test-taking strategies.
- Avoid all-nighters & cramming before the test.
- Avoid anxious classmates before the test.
- Practice Guided Visualizations to imagine success, promote confidence, and calm your nerves.

## **DAY BEFORE THE TEST**

- Get a good night's sleep beforehand.
- Don't take tests on an empty stomach.
- Arrive no more than 5 minutes early for tests.

## **ON THE DAY OF THE TEST**

- Relax & Breathe!
- Identify and get a handle on environmental distractions.
- Focus on **YOU** during the test and not on classmates who finish first.
- Use test taking strategies: skipping & going back to hard stuff, keeping track of time & pacing yourself, read over the entire test first, not second guessing on multiple choice tests, etc.
- You're done—Reward yourself and move on!

Compliments of The College of Saint Rose Counseling Center  
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