

Reducing Test Anxiety

Many students experience some level of test anxiety. Here are some tips to help reduce it:



Build Confidence

- Be persistent and keep up with course materials.
- Ask questions.
- Get to know your instructors by going to office hours.
- Build connections with peers.

Prepare for the test

- Start early by mastering class notes and review study guides and homework.
- Form study groups with fellow peers.
- Utilize SCU Tutoring Resources.
- Visualize yourself doing well!

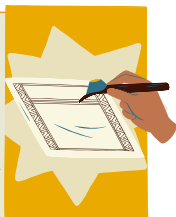


Self Care

- Get a good night's sleep.
- Don't go to the exam on an empty stomach.
- Avoid processed foods, sugar, and caffeine as these can all increase stress.
- Drink plenty of water to stay hydrated.
- Dress for success & be comfortable.
- Allow yourself plenty of time to arrive early.

Complete the test with confidence

- Strive for a relaxed state of mind.
- Avoid speaking to other students, as they can potentially express negativity and can distract you.
- Read all test instructions carefully and slowly.
- Budget your test taking time.
- Relax, remember that you are in control, and take slow deep breaths.



Review how you did

- List what worked and hold onto these strategies.
- List what did **not** work and put those strategies aside.
- Celebrate that you are on the road to overcoming this obstacle.

With help and proper preparation, students can reduce their exam anxieties significantly, enabling them to take exams with more confidence

Campus Resources

- For more help with test anxiety, set up an individual counseling meeting at the [Cowell Center](#).
- If eligible with the [Office of Accessible Education \(OAE\)](#), have accommodations in place and use them. Contact OAE to discuss your accommodations with your instructor.

