



# Managing TEST ANXIETY

Feeling nervous before a test is to be expected. Create routines that reduce anxiety so you can perform your best.

## Before

*the test*

Ask a TA or professor about exam formatting. Create and follow a study guide. Practice and self-test. Spread out studying into sessions—don't cram. Eat and sleep well. Think of the exam as an opportunity to show what you know.

## During

*the test*

Arrive early and dress comfortably. Quickly jot down formulas, facts, and key words you studied. Read the exam through before starting. Ask for clarification, if needed. Note time-consuming and high point value sections. Think positive!

## After

*the test*

Write down what did and didn't work. Note which questions you struggled with. Use this for future test preparation. Regardless of the final score, your value doesn't lie in how you performed. Relax and reward yourself, you're done!

