Feelings of nervousness before a test is the body’s normal biological and psychological response to stress. It’s important to create routines that reduce anxiety and enhance performance on an exam.

### Managing Test Anxiety

#### Before the Test
- Ask a professor or TA about the format of the exam
- Create and follow a study guide
- Copy the testing environment
- Practice and self-test
- Spread out studying—do not 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
- Engage in positive self-talk
- Read the exam once through before beginning
- Expect some anxiety
- Quickly jot down facts and key words you studied
- Observe point values and consider which are worth spending more time on
- Ask for clarification

#### After the Test
- Write down what worked and what didn’t work during your exam
- Note the kinds of questions you struggled with and keep them for future test preparation
- Don’t let the exam define you. Your value doesn’t lie in how you performed.
- Relax and reward yourself—you’re done!

If your test anxiety interrupts your life and impedes your ability to perform, seek assistance from the Disability Resource Center and the office of Counseling and Psychological Services.

For more information on the USU Academic Resource Finder, Habits of Mind courses and sign up with an Academic Success Coach, visit Academic Belonging and Learning Excellence • usu.edu/able

[Image of two students discussing]