

## Ways to Reduce Test Anxiety

Being a little nervous before a test improves your concentration and alertness. Excessive worry, or test anxiety, will lower your test scores. So, what can you do about it?

1. Start studying early.
2. Mentally practice going through the testing experience. Close your eyes and see yourself calmly and confidently walking into the test, answering the questions correctly, and receiving the grade that you want.
3. Walk into the test with your head up and your shoulders back. If you act confidently, you just may find that you feel more confident.
4. Here are five common relaxation techniques that you might want to try:
  - a. Take a deep breath, hold it, and then slowly release the breath and the tension. Do this until you feel relaxed.
  - b. Start at the top of your head, flexing and then relaxing each part of your body.
  - c. Close your eyes and visualize warm sunshine washing over you, melting away the tension and relaxing all your muscles.
  - d. Close your eyes and let your arms hang down at your sides. As you relax, visualize the tension from your head, neck, and shoulders flowing down your arms and out through your fingertips.
  - e. Think of a place where you feel very relaxed and calm. Close your eyes and visualize being in that place.