

What we know works.....For Test Anxiety

- 1) Use the power of taste and smell to enhance memory. Chew cinnamon gum or suck on cinnamon candy while studying. During the test, have the same flavor in your mouth.
- 2) Develop a magic word. Get in the habit of doing something relaxing each day. While you are doing this activity, say to yourself "relax" (or some calming word) and notice how your body feels when it is relaxed. Practice saying your magic word in different situations. Try to recapture the bodily feeling of relaxation. Use your "magic word" if you discover yourself getting anxious during a test.
- 3) If you are easily distracted during a test it is helpful to move your desk so that it faces the corner. Wear earplugs to tune out distracting sounds.
- 4) Postpone leaving the test. Put on your jacket and pretend that you are getting ready to leave. Don't turn in your test yet. Wait for that relaxation sensation that comes when you leave the test room and remember the answer to an elusive question. Then review the test for the final time.
- 5) Take a timed practice test in the classroom to desensitize yourself to the surroundings.
- 6) Use the biofeedback program in the Wellness Center. Practice relaxation so that you are able to "go to the zone" effortlessly when you need to relax.
- 7) "Stop, drop, and roll" – If you feel anxiety starting to build during a test simply stop taking the test, lightly drop your pen or pencil on the desk, close your eyes and roll them three times in their sockets. Take a deep breath, open your eyes and resume taking the test.
- 8) Substitute negative thinking with positive thoughts.
- 9) Take a small piece of wrapped candy or fruit with you to the exam. When you find yourself getting anxious, put aside your test materials and take a minute to eat your snack.

Eating the snack helps to temporarily remove you from the stress situation and increases your energy.

10) Firmly yet gently rub the area between your thumb and forefinger in a circular motion to stimulate the acupressure point in the hand. This will create a decrease in the tension in all the muscles in your body.

11) Every time you sit down to study write down the most important facts, dates, formulas, etc. When you sit down to take the test, turn your paper over and write down these facts. You may not need them but just knowing they are there will reduce your anxiety.

12) Read all directions – twice.

13) Survey the test and plan on going through it four times. First answer the questions that you know cold, then answer those that you were reminded of that you now remember. Third, answer the rest making educated guesses. Lastly, go back and check for clerical errors.

14) If you need clarification, ask the professor.

15) Pay no attention to your classmates who are leaving the test before you.

16) Postpone your anxiety. Tell yourself that you can be anxious later, now is the time to take the test.

17) Ask about interest in the using Alpha Stim (prescription needed)

18) Memory is enhanced by sleep. Get 8 -10 hours a night, especially before a test.

19) Avoid classmates who generate anxiety and undermine your confidence.

20) Use perception altering technique to decrease intensity of emotion about testing.