

Taming Test Anxiety

Tips and Techniques



1. Wear layers of clothing to stay comfortable.
2. Get enough sleep- about 10-11 hours a night.
3. Do NOT eat sugary foods before a test. It will make you feel more tired and your brain will not work as fast.
4. Breathe in through your nose to cool down and focus.
5. Stay in the high+ or low+ emotion zones.
6. Look up and left when trying to remember notes.
7. Keep a positive attitude and believe in yourself!

