

# SEL + MENTAL HEALTH NEWSLETTER

Presented by | District Student Wellness Specialists

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# Tackling Test JITTERS

## General Strategies

- Review and learn from past performance.
- Take practice exams.
- Prioritize sleep.
- Maintain your normal daily routine.

## 1 Week Before

- Map out a Test Day Routine.
- Review test material.
- Take a practice test.

## 1 Day Before and Day Of

- View the test as an opportunity to show how hard you've worked.
- Don't cram.
- Avoid speaking to people who will be negative.
- Get a good night's sleep.
- Eat something energizing before the exam.

## During an Exam

- Use positive self-talk.
- Read directions and questions carefully.
- Stay focused on your own performance.
- Use allowed fidgets to help you concentrate and remain calm.
- Breathe!

## After an Exam

- Reward yourself for working hard.
- List what worked and what didn't.
- Clarify any questions after reviewing your performance.
- Make a plan for improvement.

For more information, visit:

<https://kidshealth.org/en/teens/test-anxiety.html>

## REMEMBER TO BREATHE

