

# Tackle Test Anxiety

Everyone gets nervous about finals but if your palms sweat, your mind goes blank and all your preparation goes out the window, you probably have a bad case of test anxiety. Here are some ways to get past it and get the best grade possible.

## Be prepared

Good study techniques will help you process and learn materials, not just recite facts. If your mind goes blank on a fact or date, you'll still be able to use that knowledge to figure out the answer.

## Attitude

Be positive while you are studying and when you sit down to take the test. Visualize success and be confident about your answers. Yes, that really works!

## Physical Fitness

Get plenty of sleep and choose nutritious meals and snacks. Avoid too much caffeine and sugar, especially pop, which can cause energy crashes. Get regular exercise to burn off stress and increase blood and oxygen flow.

## Relax

If you find yourself with sweaty palms and a bad case of brain freeze, take a deep breath or two and calm down. Stretch your arms and neck and take a minute to focus your thoughts. You'll do fine!

## Memory Devices

Use acronyms, rhymes, patterns and other tricks to memorize lists and formulated material.

## Plan of Attack

Get to class early. Wear a watch. Have all the necessary materials—sharpened pencils or pens, eraser, calculator, scratch paper, etc. and make sure you have back up batteries and pencils.

## Try the DETER strategy

*D=Directions*

Read directions carefully. Ask for clarification if needed.

*E=Examine*

Examine the entire test as soon as you get it. Break it down in parts and understand what you need to do.



*T=Time*

Decide which section will take the most time and plan accordingly. Figure out which part of the test has the most points and concentrate on that part.

*E=Easiest*

Answer the easiest items first. You'll build confidence and trigger memory recall for harder items. Mark any questions you're skipped so you can come back to them.

*R=Review*

Go back over the entire test. Review the directions and look for any questions you may have left blank. Sometimes you'll come across a clue later in the test. And make sure your name is on the test!