



TOP TEN TIPS FOR REDUCING TEST ANXIETY

1. Focus on studying efficiently, not necessarily long
2. Start studying early
3. Study in a location similar to your test environment
4. Establish a consistent study routine
5. Talk to your professor in advance to get questions answered
6. Learn relaxation techniques to minimize day-of jitters
7. maintain healthy habits -eat, exercise, sleep
8. Arrive early to avoid extra stress on test day
9. Pace yourself and do not focus on what other people are doing during an exam
10. When in doubt, just start. A blank page can fuel anxiety - once you start, you can always go back and change things later