

Managing Test

Anxiety

Be Prepared!!! *Seek*

information about the exam and study effectively.

Don't procrastinate and don't fall behind. Organize your study

time so you stay on top of the material.

Reduce negative self-talk.

Recognize irrational thoughts and replace them with realistic,

positive ones (“I will pass this exam.”)

Determine what makes you so nervous about the testing process.

Visualize yourself being successful.

Study in the classroom where you will take the exam to get comfortable with the environment.

*Breathe deeply - you need oxygen
to think!*

*Avoid cramming and get a good
night's rest before the exam.*

Separate self-worth from test performance. Your value as a person is not determined by the grades you get.

Engage in healthy activities that help you relax.

Talk to an academic counselor in Milledge Hall - 542-7575.