Anxiety Tips & Tricks

Expect some anxiety

It's a reminder that you want to do your best and can provide energy.
Don't keep it manageable.
Realize that anxiety can be a "habit" and that it takes practice to use it as a tool to succeed.

Before the Test

Visualize yourself being successful.
Remind yourself about a time you got a good grade on a test.
Say to yourself, "I know what it takes."
Avoid cramming right before the test.
Use time wisely and prepare in a timely manner.

During the test

Don't think about the floor.
Focus, think about the next step and keep on task, step by step.
Don't panic when students start handing in their papers.
Remember, there's no reward for finishing first.
Acknowledge that you have done, and are doing your best.
Maintain good posture.

Relax: You are in control

Stretching: arms, neck & back
2- 3 deep breaths (in nose, out mouth)
Close eyes or zone out for a minute to reset and relax
Imagine a safe place
Say positive things to yourself

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