COPING WITH TEST ANXIETY

1) Learn and understand basic technical vocabulary associated with the course.

2) Practice thematic study techniques. Learn and understand important themes and concepts. Don’t rely on pure memorization.

3) Practice predicting and answering test questions. Use class notes and textbook notes to develop these questions.

4) Do all available practice tests and practice timing yourself if the test is to be timed.

5) Go to bed at a reasonable hour. Don’t stay up all night studying: You’ll be exhausted from the test and lose concentration.

6) Just before going to sleep, review your notes.

7) If the test is in a different room than usual, visit the room and study there if possible. You will become familiar with the new surroundings and feel less nervous.

8) Visualize success. If you are academically prepared and believe in your abilities, then you will be successful. Picture yourself taking the test calmly and confidently and then receiving a good grade.

9) Walk into the room just a few minutes before the exam. Don’t look at your notes or textbook: sit comfortable with your eyes closed and breathe deeply. Or, talk quietly with a friend to keep your mind off the exam.

10) Realize that your whole life and academic career are not based on this one exam.

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