

Happy students. Healthy living.

December 2022

How to Beat Test Anxiety

If you feel nervous before taking an exam, you are not alone. Many students experience some degree of nervousness when it comes to exams. However, if you are experiencing intense worry and doubt that interferes with your performance, then you might be experiencing test anxiety. Here are some practical tips to help manage test anxiety and increase your confidence on exam day:

Don't wait until the last minute. Procrastinating and cramming at the last minute are surefire ways to increase your anxiety and lessen your chances of performing well. If you have an exam scheduled in a few weeks, spend a little time each day preparing. This gives your brain time to process and be exposed to the information numerous times, so you can more easily recall it on exam day.

Seek clarification. If you have any questions or need clarification on something, reach out to your professor via email or stop by during office hours. Make sure to do so well in advance of any exams.

Develop a study routine. Routines can help you to be more efficient and confident in what you're doing. Find a study routine that works for you to help increase your performance and confidence over time. Try out different methods as well, such as creating a study guide, making flash cards, or explaining the information out loud as though summarizing for a classmate.

Repetition. Review your study guide or flash cards multiple times. Make note of any material you have not mastered and focus on those areas until they become second nature.

Get a good night's sleep. Sleep is essential for optimal mental and physical performance. Poor sleep habits can decrease mental sharpness and increase anxiety and irritability.

Focus on relaxation. Physical activity can help lower your stress and anxiety levels and make you feel more relaxed. Try getting some exercise the day before or the morning of your exam.



For additional tips and resources,
connect WellConnect today.

866-640-4777 | wellconnectforyou.com

WELLCONNECTSM
POWERED BY NEW DIRECTIONS

