

EXAM STRESS:



SWIPE AWAY TEST ANXIETY

Test anxiety can be debilitating. However, you can take simple steps to SWIPE away anxiety and perform better on tests.



STUDY

The more prepared you are, the more you can silence those negative thoughts in your head. Start studying at least one week in advance.

WRITE IT DOWN

As soon as you get the test, write down all the important facts floating in your head: formulas, people and place names, dates, or vocabulary terms.



INSPECT THE TEST

Read the directions BEFORE you start. If you don't understand the instructions, ask for clarification. Figure out how much time to spend on each section.

POSITIVE THOUGHTS

Drown out negative thoughts with positive ones. "I can DO this!" "I studied and am prepared for this test." "I will do my best."



EXTRA-DEEP BREATHS

Taking deep breaths can calm down a racing heart and shut down negative thoughts. Breathe out slowly through your mouth and then breathe in slowly through your nose. Repeat 4-5 times

Learn more at LPTutoring.com