

How to Beat Test Anxiety

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| <p><u>I. Positive Self-Talk</u></p> <ul style="list-style-type: none">● View tests as challenges, learning opportunities, or competitions—something that sparks your motivation● Develop a believable mantra (or two) about why you will do well on the test● Practice using your mantra as you study● Before taking the test, remind yourself of all the ways you have studied and prepared | <p><u>II. Deep Breathing</u></p> <ul style="list-style-type: none">● Use diaphragmatic breathing only. Your belly should rise and fall, whereas your chest should not move● Inhale through your nose for 6-8 counts● Hold your breath for 4 counts● Exhale for 6-8 counts, pushing the air out through pursed lips● Hold your breath for 4 counts● Repeat |
| <p><u>III. Act, Don't Think</u></p> <ul style="list-style-type: none">● Actively read test questions by underlining key phrases● Write down what you know about a question as soon as you read it● Plan your answers on paper, not in your head● When stuck, write out all your options on paper along with the pros and cons of each | <p><u>IV. Thought Stopping</u></p> <ul style="list-style-type: none">● Notice times when your mind drifts off to worries about your performance● Cut off the thought immediately by breathing deeply, tapping your foot, or closing your eyes● Refuel yourself with positive self-talk (i.e., a mantra)● Refocus on the test |

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