Tackling Test Anxiety

There are 2 parts to tackling test anxiety

1. Prevention
   - Learn about what is happening in your brain with fight or flight stress responses. It's biology, not a "failure" on your part.
   - Visualize like an Olympic Athlete - rich with detail, 10 minutes for 10 days.
   - NO CRAMMING! Preparation is key. Check out our 7 day study guide. Do practice tests in a test like setting.
   - I am calm. I am able to persist.
   - Replace negative self-talk with statements in the 3rd person which focus on your strengths.*
   - 2 mins for a Super confidence boost.*
   - I suck at tests, I always fail
   - Bam, you took good notes & studied passed your exam

2. Day of Test Relaxers
   - No triple shot espressos! Too much caffeine can mimic or trigger anxiety symptoms.
   - Take it easy and treat yourself! No last minute cramming. Do light review instead. Dress up to boost your confidence.*
   - Arrive early, but not TOO early. Try one or all of these strategies before the test:
   - Calm your breathing and mind by inhaling slowly to the count of 8; hold for count of 4 before exhaling to count of 8. Hold for 4 before inhaling. Repeat up to 4 times.
   - Stand like Superman for 2
   - Free write about your feelings for 10 minutes.*

"*WEIRD, we know, but backed by research,
Self talk study at http://bit.ly/1FkGFcf
Superman pose http://bit.ly/1D0G4KQ
Free write before test http://bit.ly/1d8935

You Got This!