



TRiO Student Support Services
South Dakota State University
You can go anywhere from here!

TRiO Student Support Services
Box 2815, SSU 065
SDSU
Brookings, SD 57007-0893
Phone: 605-688-6653

Coping with Test Anxiety

- ☺ One of the best, if not the best, strategies for coping with test anxiety is **test preparation**.
- ☺ **Vow not to cram the night before the test.** Cramming everything into one or two nights of study accomplishes little more than storing limited information in short-term memory and heightening anxiety. Cramming is never a good option, but it is especially not advised for courses in one's major because the information must be retained for use in future classes or on the job.
- ☺ The best students **begin exam preparation the first week of class** or immediately following the previous exam.
- ☺ **Gather and organize all supplies** that you will need the night before the exam so that you are not scrambling around before the test.
- ☺ **Prepare mentally.** Imagine yourself calmly sitting at your desk taking the test and doing a great job! Replay this image in your head several times.
- ☺ **Eat a balanced meal** before the test.
- ☺ **Ignore negative comments** from classmates, especially while waiting for the exam to be distributed. Realize that these students are negative because they, unlike you, are unprepared.
- ☺ Before leaving for the test or while walking to the room, **listen to your favorite song** on your stereo or Walkman in order to get your blood flowing.
- ☺ When you are sitting at your desk waiting to get your test, slowly **take in a few deep breaths** through your nose, and exhale slowly through your mouth.

