

## COMBATING TEST PANIC

### General Advice

- **Sleep.** Get a good night's rest.
- **Diet.** Eat breakfast or lunch. This may help calm your nervous stomach and give you energy. Avoid greasy or acidic foods, and avoid overeating. Avoid caffeine pills.
- **Exercise.** Nothing reduces stress more than exercise. An hour or two before an examination, stop studying and start working out: swimming, jogging, running, aerobics, basketball, cycling – any continuous exercise for 20 minutes or more is very helpful.

### Before the Examination

- Allow yourself enough time to get to the test without hurrying.
- Don't swap questions at the door. Hearing anything you don't know may weaken your confidence and send you into a state of anxiety.
- Leave your books at home. Flipping pages at the last minute may only upset you.
- If you must take something, take a brief outline that you know well.

### During the Examination

- Take a watch with you, as well as extra pencils, scantron sheets, and blue books.
- Answer the easy questions first. This will relax you and help build your confidence, plus give you some assured points.
- Sit apart from your classmates to reduce being distracted by their movements.
- Don't panic if others are writing and you aren't. Your thinking may be more profitable than their writing.
- Don't be upset if others finish their tests before you do. Use as much time as you are allowed. Students who leave early don't always get the highest grades.
- If you still feel nervous during the test, try this: inhale deeply, close your eyes, hold, then exhale slowly. Repeat as needed.

## **Bibliography**

Ellis, David B. *Becoming a Master Student*. College Survival, Inc.

*Examination Skills and Techniques*. Lincoln, Nebraska: Cliff Notes, Inc., 1968.

Millman, Jason and Walter Pauk. *How to Take Tests*. New York: McGraw-Hill, 1969.

Pauk, Walter. *How to Study in College*, 2<sup>nd</sup> edition. Houghton-Mifflin Co.