



COPING WITH TEST ANXIETY

- 1) Learn and understand basic technical vocabulary associated with the course.
- 2) Practice thematic study techniques. Learn and understand important themes and concepts. Don't rely on pure memorization.
- 3) Practice predicting and answering test questions. Use class notes and textbook notes to develop these questions.
- 4) Do all available practice tests and practice timing yourself if the test is to be timed.
- 5) Go to bed at a reasonable hour. Don't stay up all night studying: You'll be exhausted from the test and lose concentration.
- 6) Just before going to sleep, review your notes.
- 7) If the test is in a different room than usual, visit the room and study there if possible. You will become familiar with the new surroundings and feel less nervous.
- 8) Visualize success. If you are academically prepared and believe in your abilities, then you will be successful. Picture yourself taking the test calmly and confidently and then receiving a good grade.
- 9) Walk into the room just a few minutes before the exam. Don't look at your notes or textbook: sit comfortable with your eyes closed and breathe deeply. Or, talk quietly with a friend to keep your mind off the exam.
- 10) Realize that your whole life and academic career are not based on this one exam.

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