

Resource Outreach: Top Ten Tips to Overcome Test Anxiety

1. Know that anxiety is caused by the feeling of being out of control. Take control of your testing, and you will control your anxiety.
2. Know that every day is preparation for evaluation. Focus on the Daily Learning Objectives. Do not leave the classroom until you understand key concepts or make an appointment for tutoring at the door.
3. Repetition is the only way knowledge is transferred from short term to long term memory. All classes have academic vocabulary. Access the [SF Quizlet Library](#), or create a Kahoot. Study words three times daily - feed the body, feed the brain.
4. Know what is on your test. The first day you receive a study guide, divide it into three sections: 1. I know this, 2. I know some of this, 3. I will know this, when I get tutoring. Focus on 2 and 3.
5. Create a notecard of critical information. Present it to your teacher two days in advance of your test. Ask your teacher if you included all necessary information. Ask if you included too much. Adjust how you study accordingly.
6. Decrease the importance of a single test. A single test will not eliminate you from your school of choice. Increase the importance of grey brain cells. You will throw away your test papers at the end of the semester, but you will take your grey cells with you.
7. Create a realistic target score, and write it at the top of your paper. Write an affirmation. **This is important:** here is how to avoid “going blank”. Write on the back of your test all the information you learned BEFORE looking at the test.
8. Record your parent’s voice saying, “I love you no matter what you score on this test; I know you studied hard for it.” Listen to this recording before walking into the test site.
9. Look at photos of your pet (or your friend’s pet). Smile. Hug a friend (releases oxytocin which decreases cortisol, the stress hormone). Imagine a reward you will give to yourself when the test is over. Just breathe.
10. Remember that you do not get into heaven on a report card.

YOU will succeed!

If you are not succeeding, contact me at jbiller@stfrancishs.org or stop by Room 314.)