TEST TAKING

BRAVE

To overcome nervousness when taking a test.

Breathe deeply
• Take long, slow deep breaths throughout the test.
• Focus your attention on your breathing to make it steady.

Relax
• When you feel your muscles tightening, try to slowly relax each muscle one at a time. Tell yourself mentally that you are relaxing each muscle. For example relax your leg muscles by telling yourself, "I am now relaxing my leg muscles."
• Start relaxing your muscles from the top of your body and go down. Especially focus on relaxing your neck muscles.

Attitude is everything!
• Maintain a positive attitude throughout the entire test.
• During the test, tell yourself that "I can do it!"
• Put a star next to the answers that you are sure you got right to show that you can do it!

Visualize yourself in your favorite place.
• When you find yourself becoming very anxious, close your eyes for a few seconds and imagine yourself in your favorite place (e.g., at the beach, at the mall, watching television, playing sports.)

End is in sight!
• Even if you feel that the test will last forever, remember that it will be over before you know it and your anxiety will fade!

Learning Toolbox. Steppingstone Technology Grant, James Madison University, MSC 1903, Harrisonburg, VA 22807.