

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!