



Managing Test Anxiety

Feelings of nervousness before a test is the body's normal biological and psychological response to stress. It's important to create routines that reduce anxiety and enhance performance on an exam.

Before the Test

- Ask a professor or TA about the format of the exam
- Create and follow a study guide
- Copy the testing environment
- Practice and self-test
- Spread out studying– do not cram
- Eat and sleep well
- Think of the exam as an opportunity to show what you know

During the Test

- Arrive early and dress comfortably
- Engage in positive self-talk
- Read the exam once through before beginning
- Expect some anxiety
- Quickly jot down facts and key words you studied
- Observe point values and consider which are worth spending more time on
- Ask for clarification

After the Test

- Write down what worked and what didn't work during your exam
- Note the kinds of questions you struggled with and keep them for future test preparation
- Don't let the exam define you. Your value doesn't lie in how you performed.
- Relax and reward yourself– you're done!

If your test anxiety interrupts your life and impedes your ability to perform, seek assistance from the [Disability Resource Center](#) and the office of [Counseling and Psychological Services](#).

For more information on the [USU Academic Resource Finder](#), [Habits of Mind](#) courses

and sign up with an [Academic Success Coach](#), visit

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