**ABC’s of Test Anxiety**

* **A** = ***Attitude*** 
  + Think Positive
  + Thought such as “I haven’t studied enough” and “I don’t know the material”, will only increase your anxiety level.
  + Instead try to feel good about what you do know and what you did to prepare for the test.
  + A positive attitude can go a long way while you’re preparing for the test.
* **B** = Take a deep ***Breath***
  + Stay relaxed, if you begin to get nervous take a few deep breaths slowly to relax yourself and then get back to work. It will help you calm down.
  + Think of the reward you’ll give yourself when you’re through - maybe lunch or movie with a friend. And whether you did well on the test or not, make sure you follow through with that reward.
* **C** = Avoid ***Cramming***
  + Review class material regularly and space out studying over a few days or weeks. Don’t try to learn everything the night before.
  + Stop studying 30 minutes prior to the test – use this time to do something that relaxes you.
  + **Being well prepared for the test is the best way to reduce test taking anxiety.**
* **D** = ***Don’t*** look around to see what your classmates are doing
  + If you’re having doubts about how well you’re doing and you see someone who looks like they’re doing well on the exam, it will only add to your anxiety.
  + Don’t worry about how fast other people finish their test; just concentrate on your own test.
* **E** = ***Exercise*** a few days before the test
  + Try to make exercise a regular part of your life.
  + Even a couple of 15 minute walks in the days leading up to a test will help you manage and reduce stress and help you think more clearly during the test.
* **F** = Fill your body with the right ***Fuel***
  + Eating well really does increase your ability to perform better on tests.
  + With the right fuel, your body will work like a well-oiled machine, allowing your brain to function to the best of its ability.
* **G** = Get a ***Good*** night’s rest
  + Studies prove that we think well when our minds are well rested.
  + The night before the test, relax and go to bed early.
* **H** = Seek ***Help*** 
  + If you’re still concerned about your anxiety level while taking tests, please schedule an appointment with one of the counselors in the CS3 department. Email us at [atlcounseling@scad.edu](mailto:atlcounseling@scad.edu) or call us at 404.253.3400