Overcoming Test Anxiety

If you are prone to overshadowing test anxiety during your exams, there are things you can do to help prevent it and/or keep it under control.

The underlying cause of most test anxiety is low confidence. So that means in order to curb severe test anxiety, you need to boost your confidence about the exam. Simply enough, most test anxiety can be decreased just by preparing better for the exam!

Here are a few tips for putting test anxiety behind you:
- Learn the material that will be covered in the exam as best you can. This means you will need to start preparing early and study. In most cases one to three months is plenty of time to prepare for one of the big college entrance or professional exams.
- Prepare yourself by locating the test center location the day or two before. Lay out everything you need for the test beforehand. This means you should gather your IC, your admission ticket, No. 2 pencils with good erasers, your calculator (if one is allowed), and back-up batteries just in case the day before the exam.
- Wake up early the day of the exam so you don't need to rush.
- Eat a good breakfast (fresh fruit and vegetables can help reduce stress).
- Do not eat of drink anything with caffeine (if it can be helped). If you're hooked on your morning coffee than maybe you don't want to change that routine today. Try to avoid sugar and greasy foods as best you can.
- Think about something else to try to take your mind off your anxiety.
- Take a short walk just to get your blood flowing.
- Visualize your success on the exam.
- Stay away from the other test takers at the exam who are negative and anxious.