

During Testing Strategies

Review the test

Read the directions carefully for each part of the test and make sure you understand what you need to do. Ask your instructor, immediately, to clarify any instructions that are unclear.

Work on the easiest portions of the test first

Answer the questions that you are positive about first. If you go blank, skip it, and move on. Be sure to make a note of the ones you skip and don't forget to go back and complete them.

Pace yourself

This is not a race! There is no reward for being the first one done! Do not rush through your test. You will do better if you manage your time. Some tests have multiple sections. Be sure to leave yourself enough time to complete them all.

Breaks

Take short mental breaks. Put your pencil down and do breathing exercises. Try to tense and relax your muscles while taking deep breathes and return to the test.

Breathe

Use abdominal breathing to help reduce anxiety. Place one hand on your abdomen, right beneath your rib cage. Inhale through your nose and feel your abdomen fill like a balloon...count to three on your inhalation and then slowly exhale counting to four.

Say your positive affirmations

For example, "I am prepared", "I've succeeded before and I can be successful again".

Stay in the moment

Do not start thinking about issues outside of class. Do not start worrying about other classes or other assignments for this class. Stay focused only on the material in front of you.

There is no reward for being the first done

Don't pay attention to when your classmates finish. Everyone works at a different pace, and you shouldn't let someone else affect yours. If you finish early, be sure that you go back over the test to review your answers.