

Do you suffer from **TEST ANXIETY?**

RELAX, STAY CALM, CONTROL FEAR

(Hints for managing test anxiety)

- ⇒ A little anxiety is common. Actually it's a GREAT MOTIVATOR!
Make anxiety work for you – not against you!
- ⇒ PREPARE AHEAD BOTH ACADEMICALLY AND MENTALLY!
Stay on top of your course work. Be organized. Use a study schedule.
- ⇒ Make SUMMARY SHEETS using information from both your class notes and notes from the textbook. This creates a concentrated version of what you need to know.
- ⇒ Compose test items yourself. What would you ask if you wrote the test? What do you think the instructor will ask? Look back at the objectives listed on the course syllabus. Direct your own studying.
- ⇒ Get enough SLEEP! No one functions at his or her best when tired. Better to get a good night's sleep the night before the exam than to stay up all night cramming.
- ⇒ During the test, MAINTAIN A POSITIVE ATTITUDE.
- ⇒ Practice DEEP BREATHING – slow, deep breaths while you look over the entire test.
- ⇒ Use SELF-TALK . . . believe that you are in control and you can do this.
- ⇒ Start with the easiest questions first . . . mark others you want to come back to and spend more time on. This practice builds confidence and reduces stress.



To find out more about test anxiety and AAC 100 Study Skills, a one-credit, self-paced study skills course, stop by the Academic Achievement Center.

ACADEMIC ACHIEVEMENT CENTER
OCB 304
913-469-8500, ext. 3320 or 4589

HOURS:

Fall & Spring:	Mon. - Thurs.	8:00 a.m. - 8:00 p.m.	Summer:	Mon. - Thurs.	8:00 a.m. - 8:00 p.m.
	Fri.	8:00 a.m. - 2:00 p.m.			
	Sat.	9:00 a.m. - 1:00 p.m.			