

How to Curb Test Anxiety



Care for Yourself Before, During, and After the Test

Care for yourself

Apply anti-anxiety
techniques

Remember to breathe

Exit the test mentally
and physically

Care for yourself:

Get good sleep and
eat a good breakfast.

Anti-anxiety techniques:

Use mind and body strategies to calm
yourself before, during, and after
the test.

Remember to breathe:

Use positive self-talk, and focus on the content (not the outcome) during the test.

Exit the test mentally and physically:

Tell yourself, “I did my best,” and let the test go. Celebrate by doing something fun after the test.

Claim Your Power Before A Test

Prepare

Organize

Work on self-talk

Exercise

Rest

Prepare:

Develop a study plan, study, and practice. Preparation takes time, so plan to spend at least six hours, and in many cases, more than that, getting ready for the SAT.

Organize

Have a good study plan that is organized and incorporates practicing good problem-solving strategies. It should also include practice exams and other tools that will help your mind and body get used to the content of the test.



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Work on self-talk:

Remember to use positive self-talk. Remind yourself of your strengths and how well prepared you are for this test.

Exercise:

Take regular exercise breaks. Endorphins are nature's anti-anxiety booster.

Rest:

Get good sleep for at least a week before the test.



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