

10 TEST ANXIETY STRATEGIES



With Laura Axelsen, CSR, RMR, CCRR, CRR, CRC

STRATEGY NO. 1

PREPARE, PREPARE, PREPARE

If “Ready, Begin” makes you panic, practice as many takes as possible with the phrase, “Ready? Begin!” in it.

Record takes yourself with that phrase in it and practice until it doesn’t bother you.

STRATEGY NO. 2

STAY HEALTHY

Sleep, exercise, and eat right, especially in the days before the test.

We all know this – just remember to do it!

STRATEGY NO. 3

PREPARE FOR THE ANXIETY

Have a plan in place for when anxiety appears.
Prepare how you will change your focus.

STRATEGY NO. 4

I'M GETTING IT!

And then just as quickly you aren't. Practice beforehand concentrating on writing and not thinking about if you are getting it or how well you are doing. Tests are only 5-10 minutes long. You can make it through!





STRATEGY NO. 5

GOOD SELF-TALK

Replace negative phrases with positive phrases such as:

I am prepared for this test.

I am good enough to do well.

Even if I don't do well, it's not the end of the world.

STRATEGY NO. 6

BE EARLY

If you are going to a test site, get there early to avoid any stress on the way. If you are taking the test at home, start setting up early and make sure the testing system is working and in order.





STRATEGY NO. 7

TRY PEPPERMINT OR ESSENTIAL OILS

While there is conflict around their effectiveness, they are used in many classrooms to help students with test anxiety.

STRATEGY NO. 8

EAT FOODS THAT HELP FIGHT STRESS

Oatmeal, oranges, nuts, avocado, green tea, dark chocolate, etc.



STRATEGY NO. 9

TENSE AND RELAX

Before the test, tense and relax different muscle groups. For example, if your shoulders are tense, pull them back and hold them for a few seconds, then relax. This will help you to be aware of the relaxation of muscles and help you to relax more.

STRATEGY NO. 10

LET GO OF PERFECTIONISM

In a test, it is better to drop one word than to hesitate and lose five. Practice this at home many times until you are comfortable with letting go.





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