

You Can Calm Test Anxiety!

Prepare for your tests. Follow the “Six Steps of Studying.”*

Motivate yourself. Write down a positive statement for yourself that articulates your goal. Write it down right now. Keep it with you and remind yourself of it often.

Keep the test in perspective. If you work hard, follow the six steps of studying, and do your assignments, one test question isn’t going to make or break your grade. There is always another question, test, semester, class, etc.—keep your attitude positive.

Stop work immediately if you feel overwhelmed during the test. Use one (or more) of the following methods to re-center yourself:

- Close your eyes and visualize your success for at least half a minute. Repeat your positive statement to yourself. Write it down on the page as a reminder.
- Close your eyes and tell yourself why you will succeed.
- Close your eyes and take a few relaxing breaths. Inhale deeply—your stomach should push out. Exhale slowly, feeling your stomach return to its normal position. Practice now.
- Close your eyes. Starting with your toes, contract each muscle group in your body, slowly and deliberately, pausing for a moment before releasing tension, until you reach them all.
 - ➡ Don’t start working again until your body and mind are calm.

*Ask us.

Check the schedule for our workshop on this topic!
The El Centro College Learning Center, Rising Star, and TRIO
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