1. Students who don’t study  (Why? Lack of motivation, not sure what to study, not sure how to study?)

2. Students who study, but not in the “right way”  (What is the “right way?”)

3. Students who study hard in the right way, but their anxiety interferes with their ability to take a test  (Why? Past failures, lack of confidence, anxiety itself)
WHAT CAN I DO BEFORE THE TEST TO DECREASE MY ANXIETY?

(Have them tell me ONE thing they can do. (over study, meditate, listen to music, visualize, arrive on time, control what you can and recognize what you cannot control)

Would you rather look like this?

Or this?
OVER STUDY

If you know the material backwards and forwards, your confidence level will increase and your anxiety level should decrease.

(how to over study: See it, say it, hear it, write it, test yourself or have someone test you)
WRITE DOWN THE THING YOU’RE ANXIOUS ABOUT

Write down your fear on a piece of paper. Then rip up the paper and throw it away.

How will this help?
ARRIVE ON TIME

Too early and you’re likely to be nervous hearing others talk about the exam.

Too late and you’re likely to be nervous that you’re going to miss the test.
TAKE CONTROL OF THE TESTING SITUATION

Decide where **YOU** want to sit and then sit there if possible.
TAKE CONTROL OF YOUR RESPONSES

Realize that only YOU can control your responses to any exam. The exam cannot control you.
Practice picturing yourself taking a test and feeling confident. (Experiential)
CONTROL YOUR ANXIETY BY WRITING ABOUT HOW YOU FEEL

Take 10 minutes before the exam and write down how you feel.
WHAT DO I DO IF I GET NERVOUS DURING A TEST?
BREATHE DEEPLY AND RELAX ALL YOUR MUSCLES

Do this the moment you begin to feel anxious. It will help you to regain control.

(Experiential exercise)
ATTITUDE IS MORE THAN 50% OF THE BATTLE

Remember you have the option of viewing test-taking as a challenge rather than a problem.
WORK ON YOUR TEST ACCORDING TO OUR OWN TIMETABLE

It makes no difference when others submit their tests. YOU decide when to submit yours.
TALK TO YOURSELF

Turn off—or at least slow—down the voice in your head.

(Name three ways you can do this.)

(breathing, muscle relaxation, stop sign, - to +)
DON’T ALLOW ONE QUESTION TO DESTROY YOUR CONFIDENCE

Recognize that you will get a certain percentage of questions incorrect. When you don’t know an answer, give it your best shot, and then move on.

(Resist the temptation to obsess about this.)
No matter how well-prepared you are, you are still likely to have some anxiety. Recognize your anxiety, but don’t dwell on it.
ALWAYS CHEER YOURSELF ON!
NEVER ALLOW ANXIETY TO GET IN YOUR WAY.

“Whether you believe you can or you can’t, you’re probably right.” (Henry Ford’s net worth was $199 billion when he died.) He never allowed anxiety to get in his way even though he was dyslexic.