



## **Overcoming Nervousness**

Do you worry that you won't do well on an upcoming test or assignment? Is that worry, making you miserable? Do you get sweaty hands, an upset stomach, or headaches when test time approaches?

Here are some things to think about:

- Almost everyone worries a bit before a test. A little bit of worry may actually be good for you. It will keep you motivated and focused.
- Get the most out of the time you spend studying. Study in a quiet location without distractions. Feeling that you have studied hard really boosts your confidence.
- Remember sitting in front of a textbook and daydreaming is not the same as studying.
- Start to study early. Trying to cram a semester's worth of knowledge in your head the night before a test will not help you stay calm.
- Take notes on anything you think might be on a test.
- Outline important points from the things you read.
- Form a study group with friends and meet regularly (just remember to talk about what you are studying and don't spend too much time socializing)
- Think encouraging thoughts. Some students think only about how badly they will feel if they don't do well. This doesn't help you learn anything. Give yourself positive messages. Imagine how good you will feel when you do well!
- Don't compare yourself to the other students in your class. Some students will always do better or worse on a particular test. Your grade is for you alone.
- Take care of yourself. Get plenty of rest, exercise and eat nutritious food.
- Give yourself a reward after a good study session.
- If you are not sure what will be on the test ask your teacher to go over it. Knowing what kind of questions are on the test is a real confidence booster.

### **During a test:**

- Get to class early and make sure you have all the supplies you will need.
- Read the directions carefully.
- Answer the easy questions first.
- Mark the questions you skip so that you can come back to them. Sometimes it just takes a few minutes for an answer to come back to you.
- Focus on the test. Thinking about what grade you will get or how others will do only distracts you.
- Use all the time that is available. Test taking is not a race. Don't worry that other students turn in their papers before you.
- If you finish early go back and make sure you answered every question.