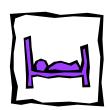
REDUCING TEST ANXIETY

1. Know your subject matter before entering the examination room. Uncertainty creates anxiety. If you have trouble studying, you should first learn to develop effective study habits.



2. Dress in such a way that you can adapt to any room temperature and dress as comfortably as possible.



3. Get a good nights rest before taking the test. Wake up early enough to eat breakfast and to arrive at the test 10 minutes early. Allow enough time to look the environment over very well. Try to seat yourself away from potential sources of distraction. Do not sit near a window, door, or a friend or relative.

4. If you tend to stress easily, after being admitted to the test and before the test begins, take a few minutes to relax. To do this, close your eyes, breathe deeply, and let your mind think of a calming, peaceful scene.

5. Take two or three sharpened Number 2 pencils with erasers with you to the test. Also take a black ball point pen if you think you may have to write an essay. Knowing that you have everything you need for the test will help to reduce your anxiety.



6. Do not come into the examination room with thoughts of leaving early. Think only of using all the time allotted to you to focus on the exam, to read and comprehend the question, and to formulate and write answers. You should become so intent on the exam that you are surprised when the time is up.

