

### *Dos and Don'ts of Dealing with Test Anxiety*

- **Don't** cram for an exam. The amount you learn won't be worth the stress.
- **Don't** think of yourself or the test in a negative sense.
- **Don't** stay up late studying the night before. You need the sleep. Begin studying a week in advance if possible.
- **Don't** spend time with classmates who generate stress for you on test day.
- **Don't** take those last few moments before the test for last minute cramming. Try to relax and spend that time reading the newspaper or some other distraction.
- **Do** remind yourself that the test is only a test.
- **Do** focus on integrating details into main ideas.
- **Do** reward yourself after the test with food or a movie or some other treat.
- **Do** something relaxing the last hour before the test.
- **Do** tell yourself that you will do your best on the test, and that will be enough!

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