

*tips for students to face
testing fears + decrease
test stress*

STRESS LESS STRATEGIES



REPLICATE TEST CONDITIONS



If possible, study in a classroom that looks and feels like your test room. Quiz yourself using the same time constraints and similar test format.

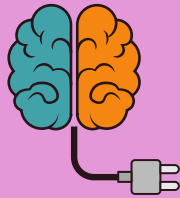


PRACTICE MINDFULNESS

Practice deep breathing from your belly. While you breathe, try the following: count four seconds for each inhale and exhale, feel the rise of your stomach and the breath through your nose, or say a positive affirmation to yourself and repeat.



GROWTH MINDSET



Embrace past mistakes in order to learn from them. No one is perfect! It is easy to focus on the negative; remind yourself of all your past successes too.



EXPRESS YOURSELF

Jot down or journal your fears and anxieties before your test. Getting these negative thoughts out of your head and onto paper can help to relieve stress.



POSITIVE SELF-TALK



Write down your other talents, strengths or skills outside of school that make you who you are. Remind yourself of who you are that matters more than one test. "I am a good friend, I am funny, I am an artist..."



GET EXCITED!

Be excited! (I know it sounds strange..) but a test is a celebration of your learning and hard work. Time to show what you know!



*tips + resources
for your test-taking style*

STUDY SMART TIPS

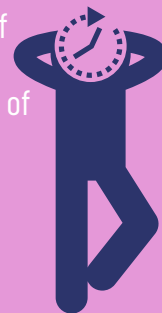


ARE YOU A PERFECTIONIST?

Remember, sometimes good enough is good enough! Remind yourself of all your past successes. Make sure to take care of your other needs like sleep, exercise and nutrition. Studying for too long without breaks is not helpful.

ARE YOU A PROCRASTINATOR?

- Plan your study breaks ahead of time.
- Reward yourself for completion of study tasks.
- Try the Pomodoro method.
- Study with friends for support.
- Be realistic and know yourself!



ARE YOU STUDYING, BUT NOT SEEING RESULTS?

Try active learning instead of passive learning strategies. These include:

- Creating your own study guide or test
- Outline main ideas or practice essays
- Create concept maps
- Debate with friends or be the teacher
- Rework old problems and correct past mistakes



ARE YOU STRESSED OR UNMOTIVATED?

Use the strategies on the other side of this to relieve test stress. Unmotivated? Talk to your counselor, teacher, parents or another trusted adult. We are here to support you and find meaning in your school work.

SCHOOL RESOURCES

- See your counselor to make a plan together. Your counselor can recommend additional resources.
- Meet with your teachers. They can provide helpful information or strategies.
- Ask your friends. Join or create a study group.

ONLINE RESOURCES

- Test yourself using Quizlet or Kahoot
- Master skills on Khan Academy
- Graph equations using Desmos
- Concept map on Popplet
- Distracted? Try Cold Turkey to block online distractions while you work.

