

1 Put things in perspective:

• Remind yourself of past successes

• Don't give a test the power to define you:

4 Visualize completing the test successfully:

5 Remind yourself that a certain level of anxiety may be helpful in performing your best:

6 Use practice tests to simulate an exam:

• Get a good night's sleep for several days before the exam:

8. Reduce caffeine intake:

1 Get in the right mindset:

• Limit distractions:

• Dismiss perfectionism:

4 Expect a few curve balls on the exam:

5 Stop negative thoughts:

6 Don't get stuck on difficult questions:

• Check time periodically:

Use the Anxiety Control Procedure:

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