



Test Anxiety Toolkit

Turn the nerves down so your knowledge can show up.

A little exam nerves can sharpen focus, but too much hijacks the very memory and concentration you need. Test anxiety isn't about how much you know — it's the body's alarm misreading a test as a threat. The good news: a few evidence-based habits, before and during the exam, can turn the volume down.

Before the exam

- Study in short, spaced sessions rather than one panic-cram — it sticks far better.
- Practice under test-like conditions so the real thing feels familiar.
- Protect sleep the night before; for recall it beats late cramming.
- Sort the practical stuff in advance (route, materials) to cut last-minute stress.

In the room

- Slow your breathing — in for 4, out for 6, a few rounds.
- Reframe the buzz: “this energy is my body helping me focus.”
- Brain-dump key facts onto scratch paper first.
- Start with an easy question to build momentum.
- If you blank, look away, breathe, and come back — it will return.

My plan

My two go-to calming moves

One unhelpful thought I'll reframe — and the reframe