



## TESTING A, B, C 's!

High-stakes, standardized testing can be very stressful. Here are some **A, B, C** tips to reduce stress.

**ANXIETY** Test anxiety is a learned behavior. Somatic (what you are feeling) and cognitive (what you are thinking) can be controlled. Press your feet to the floor, grab the seat of your chair, tense all of your muscles, and hold that pose for a few seconds. Then tell yourself to R-E-L-A-X as you relax your body.

**BREATHE!** Yes, breathe. Slowly inhale through your nose and fill the lower section of your lungs and work your way up to the upper section. Hold your breath for a few seconds, and slowly exhale through your mouth. Wait a few seconds and repeat the cycle several times. While testing, take slow, deep breaths. Focus on the task, step-by-step.

**CUE-CONTROL** Induce relaxation by repeating a cue word or phrase like “**I can do this.**” Repetitive positive self-talk (“I am prepared for this test; I will do the best I can.”) will help you achieve a relaxed state of concentration for the test.





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## **A few more testing A, B, C's**

**A**llow yourself plenty of time. So, get a good night's sleep, eat breakfast, take a snack (fresh fruit, peppermint hard candy), and arrive at the testing site a little early.

**B**e prepared. In addition to learning material that will be tested, familiarize yourself with the test (read directions carefully; is there a penalty for guessing?) and the testing site (if possible, actually go to the room where you will be testing).

**C**oncentrate. Learn strategies to deal with procrastination, distractions and laziness. Manage your time, so you can avoid cramming.