

Tame Those Test Jitters!



While it's completely normal (and even helpful at times) to feel nervous before a test, sometimes our nerves can leave us feeling less focused and confident. Try the following tips to tame those nerves before, during, & after your next test!

Before:

Embrace Your Anxiety: Heck yeah, you're nervous – you want to do your best! That's what motivates us. To keep those nerves in check try simply noticing your anxious thoughts so that you don't get swept away by them.

You can try writing down exactly what you're nervous about. Writing out our fears can often lessen the hold they have on us.



Want more study tips? Check out the Academic Skills Center: <http://students.dartmouth.edu/academic-skills/>



Be Prepared: Check in and see if you are preparing in the best possible way for yourself. It's better to have many short study sessions than to pull an all-nighter before the exam.



Sleep More, Cram Less: Getting enough sleep (7-9hrs) for several days before your test will help you think clearly and deal with the pre-exam jitters.

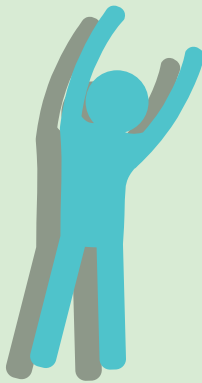
Want to improve your sleep quality? Sign-up for the REFRESH Canvas course: email Refresh@Dartmouth.edu.

During:

Check In With Your Thoughts: If you begin to have negative thoughts, try saying "STOP" to yourself and remind yourself of past successes.



Check In With Your Body: A tense and tight body reflects a tense and tight mind. Gently move and stretch your body. Roll your neck and shoulders, stretch your legs out, take a bathroom break if allowed.



Keep it in Perspective: Remind yourself that this exam, although important, does not determine your self-worth OR your entire future.



Nerves Still Getting the Best of You? Try this 1-Minute Stress Buster:

- Close your eyes
- Inhale slowly to the count of 7 and exhale to the count of 7
- Continue this slow breathing until you feel your body begin to relax (usually 2-5 rounds)
- Open your eyes and give yourself a positive, very specific pep talk (i.e., "You studied hard. You're ready. You've prepared as well as you can.")

After:

Reflect: List what worked for you, and hold on to these techniques! If the outcome wasn't what you hoped for, review what you could do differently for next time. Try talking with the professor about how you can prepare differently next time.



Savor & Celebrate: You did it! The exam is over, and you did the best you could. Treat yourself to a Foco cookie, a nap, or a meal with a friend. You deserve it!

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