Overcoming Test Anxiety

Before the Test:
- Manage time and Reduce distractions (procrastination, cellphones, noises)
- Study hard and organize materials that need to be learned
- Get a good night’s sleep the night before
- Have a healthy, energetic meal the morning of the test
- Avoid sugary foods and energy drinks
- DO NOT CRAM!

During the Test:
- Read the questions thoroughly
- Budget your time
- If you go blank, skip the question and move on
- Positive reinforcement (tell yourself that you have studied hard and are well prepared for this test)
- Don’t panic when students start handing in their tests!

After the Test:
- List what worked and hold on to those strategies
- List what didn’t work and think of ways to improve for the next test
- Celebrate that you are on the road of overcoming this obstacle!

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