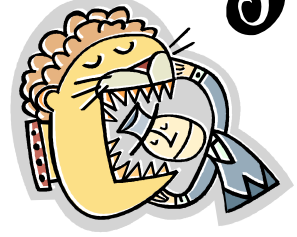







Taming Test Anxiety



Tips and Techniques



1. Wear layers of clothing to stay comfortable.
2. Get enough sleep—about 10-11 hours a night.
3. Do not eat sugary foods before a test. It will make you feel more tired and your brain will not work as fast.
4. Breathe in through your nose to cool down and focus.
5. Stay in the high + or low + emotion zones.
 
6. Look up and left when trying to remember notes.
7. Speak in an accent when studying to remember better.
8. Peppermint, lemon, and cinnamon help your memory.
  
9. Take breaks. Attention is usually your age + 2.
12 years old + 2 = 14 minute attention
11 years old + 2 = 13 minute attention
10 years old + 2 = 12 minute attention
9 years old + 2 = 11 minute attention
8 years old + 2 = 10 minute attention
10. Keep a positive attitude and believe in yourself!