

# Test Anxiety Tips

**Tips to Help You Stay Focused and Calm** By Jamie Crosley

Test anxiety tips are very important if you are going to be able to take a test without worrying too much so you can make an A. Being calm and focused are the keys to recalling the information that you have worked so hard to learn. But if you are full of anxiety, doing well on your next exam may not be possible because you just cannot stay focused if you are scared of failing or not performing to your full potential.

Here are a few test anxiety tips to help you stay calm and focused when you are taking and preparing for your next exam.

The first and most important thing that you should do is get a good night's sleep the night before your exam. Yep, that sounds very obvious, but if you are going to stay calm and do well on your test, a clear and rested mind is a must.

Now here is one of my test anxiety tips that my mom taught me that I have been using for years. About 10 minutes or so before the test, pop a peppermint in your mouth and let it melt. Sounds crazy and insignificant, but it works for me every time. Here is what the peppermint is doing for you. Your brain works its best when it is not hungry. Your mind runs on sugar and the peppermint gives it a jolt of nutrition that will last about an hour. The peppermint also has a calming effect on you because of its taste and the slight warm feeling it puts in your mouth. Remember to let it slowly dissolve, and make sure that it is a peppermint. Other candies simply won't do.

Here is the one of the most important test anxiety tips that I have to offer. If you study and prepare with purpose you will gain the confidence that you need to do well on your test. Yep, it's as simple as that. If you really know the material, the test will be a breeze and you will have the confidence that you need.

So how can you best prepare for a test to gain the confidence that you need and eliminate your anxiety?

You need to study smarter, not harder. I know that's easier said than done, but if you want to eliminate your test anxiety and make the grades that you need, visit <http://www.studygs.net/tstprp8.htm> to learn how to stop bad study habits, eliminate test anxiety and get better grades.

Other good sites for you to visit:

<http://www.testanxietytips.com/>

<http://www.suite101.com/content/how-to-deal-with-test-anxiety-a91341>

<http://www.mnsu.edu/counseling/students/tanxiety.html>

[http://www.swccd.edu/~asc/lrnglinks/test\\_anxiety.html](http://www.swccd.edu/~asc/lrnglinks/test_anxiety.html)