

Alleviating Test Anxiety

Follow the suggestions below to decrease your stress before and during exams:

BE PREPARED: Study in advance and avoid last-minute cramming. Assess your mastery of the information throughout the semester.

RELAX AND BREATHE: If you notice that your mind goes blank on exams, it may help to take a break, tense and relax your muscles and take a few deep breaths. You should be able to resume taking the test after a few moments of relaxation.

DO NOT DISCUSS THE EXAM IMMEDIATELY BEFORE YOU BEGIN: Some students find that reviewing the information with others right up until the last-minute increases their anxiety.

BEGIN WITH ANSWERING WHAT YOU KNOW: This will increase your confidence to go back and try to answer questions you skipped. When you are completely stuck, try to jot down any details you can remember. This may help free up information and get your mind working again.

STAY FOCUSED ON THE EXAM: Don't compare yourself to others who finish before you. If possible, choose a seat in the front of the room off to one side (away from the door) to minimize distractions.



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