

Test Jitters



Do your palms sweat and your knees shake – does your heart race and your stomach churn? You have LOTS of company! Here are a few tips to help you deal with *Test Jitters*:

1. Get a good night's sleep **BEFORE** the test.
2. Have a light, nutritious breakfast. Include something with protein and limit sugar intake.
3. Be prepared with necessary materials (pencils, etc.).
4. Pace yourself; don't get stuck on one item – move on to those problems you feel more confident about.
5. Think positive messages – “I will take this calmly and do my best.”
6. Periodically relax your neck & shoulders.
7. Give yourself permission to make mistakes (mistakes **DO NOT** equal failure as a person).
8. Think something calming (e.g., waves on the beach; soft music) if you start to feel overwhelmed
9. Take deep breaths and **SMILE**.
10. Be flexible in your approach/technique when determining answers.
11. Avoid agonizing over answers when the test is over.
12. Some anxiety (“adrenaline”) leads to a better performance!
13. Remember that those who suffer most from test jitters typically have the least to worry about.
14. Reward yourself for your hard work, **EFFORT** and preparation.
15. **GOOD LUCK!**

Kim Martin, Ed. S.
School Psychologist