

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!

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