

HAVE A PLAN BEFORE AND DURING THE EXAM

- **Gather your needed supplies** the day before the exam (entrance ticket, pencils, charged calculator, ID, snack, water).
- **Do something relaxing** the night before the exam. Cramming the night before will likely increase stress, rather than make you feel more prepared.
- **Get a good night's sleep.**
- **Eat a well-balanced breakfast** with a mix of carbs and proteins.
- **Leave for the exam with plenty of time** to spare to avoid the feeling of rushing.
- **Walk on test day.** Whenever you have the chance, choose walking over sitting. Take a brisk walk around the parking lot or test center before going in to register. Walk up and down the hall and to the restroom before going to your seat. Walk during your break if allowed. Walking (preferably briskly) releases nervous energy and increases blood flow to keep you alert.
- **Remember to use your stress reduction techniques.** During the test, if you feel stressed or sense that your focus is fading, rely on the techniques you've chosen. They're part of your plan, just like your other testing strategies.
- **Keep going.** If you feel like you're not doing well on a particular section, just remember you might be doing better than you think, so just continue to do your best. Then LET IT GO when you move to the next subject. Many colleges superscore, so doing well on the next section can still help. A rocky start or a rough subject won't ruin the whole test.

REMEMBER: It's important to acknowledge that anxiety and stress are a part of testing, and having strategies in place to address this will help you feel more confident and in control.