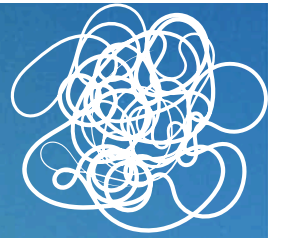




# 10 Tips to Test-taking Anxiety



Test-taking Anxiety is normal. Here are some tips to helping tackle test-taking anxiety.

Prepare well.

Set an end time to your studying and get a good night's sleep.

Watch Self-talk to utilize positive self-talk.

Visualize Success: imagine getting a good grade on the exam.

Use Relaxation Techniques: Take a deep breath to center yourself during an exam.

Stay Healthy: Fuel your body with food and water.

Arrive early to testing site.

Avoid talking to anxious people.

Accept a little anxiety.

Remember why you started your nursing journey.



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