* Test anxiety is when a student excessively about doing well on a test. This can become a hindrance on test performance and cause extreme

and lapses among other symptoms. The following

are tips on reducing test taking anxiety.

* Being well for the test is the best way to reduce test-taking anxiety.
* Space out your studying over a few days or weeks, and continually class material, don't wait until the night before and try to learn everything the night before.
* Try to maintain a attitude while preparing for the test and during the test.
* for a few days before the test will help reduce stress.
* Get a night's sleep before the test.
* Show up to class so you won't have to worry about being .
* Stay relaxed, if you begin to get nervous take a few breaths to relax yourself and then get back to work.
* Read the directions and carefully.
* If you don't understand the directions on the test, ask the to explain it to you.
* through the test so that you have a good idea how to yourself.
* Write down important , , definitions and/or keywords in the margin first so you won't worry about forgetting them.
* Do the simple questions to help build up your confidence for the harder questions.
* Don't worry about how fast other people finish their test; just on your own test.
* If you don't know a question skip it for the time being (come back to it later if you have time), and remember that you don't have to get every question right to do well on the test.
* on the question at hand; don't let your mind wander on other things.
* If you still experiencing test anxiety after following these tips, seek help from your or your school counselor!