



Student Services Counseling Center

Where students are assisted with academic, career and personal needs.

Greetings from the NTC Counseling Center. The counselors at NTC are available to help guide, support, and assist students with academic, personal, and career needs. Student support is our priority. Monthly, we will share information on a variety of topics. The topic for the month of January 2008 is test anxiety. We look forward to helping you.

The **ABC'S** of Eliminating Test Anxiety

- A – Attitude - Make it a positive one.** Thoughts such as “I haven’t studied enough”, and “I don’t know the material”, will only increase your anxiety level. Instead, try to feel good about what you do know and what you did to prepare for the test. A positive attitude can go a long way.

- B – Take a deep Breath.** It really will help you calm down. Think of the reward you’ll give yourself when you’re through – maybe lunch or a movie with a friend. And whether you did well on the test or not, make sure you follow through with that reward.

- C – Avoid Cramming.** Review class material regularly and space out studying over a few days or weeks. People who know the material are better able to manage their anxiety during tests. AND stop studying 30 minutes prior to the test – use this time to do something that relaxes you.

- D – Don’t look around to see what your classmates are doing.** Everyone prepares and takes tests differently. Remember – you prepared adequately! Take your time. Go at your own pace. And take that test in a way that works best for you.

- E – Exercise for a few days before the test.** Try to make exercise a regular part of your life. Even a couple 15 minute walks in the days leading up to a test will help you manage stress and think more clearly during the test.

F – Fill your body with the right Fuel. Eating well really does increase your ability to perform better on tests. With the right fuel, your body will work like a well-oiled machine, allowing your brain to function to the best of it's ability.

G – Get a Good night's sleep. Studies prove that we think better when our minds are well rested. So the night before the test relax, and get to bed early.

H – Seek Help . If you're concerned about your anxiety-level while taking tests, please schedule an appointment with your counselor by calling 715.675.3331, ext. 4029. Or attend a Handling Test Anxiety workshop. Find information on this and other workshops by calling 715.675.3331, ext 4850.

We are here to help you succeed.