

Test-taking tips

Our top five strategies for overcoming test anxiety

If you're experiencing stress around studying, or find you feel anxious during the test itself, know that you're not alone: so many students are dealing with the exact same thing. We've compiled a list of five ideas to help you reduce anxiety, feel prepared and head into your test feeling confident and calm.

REMEMBER: YOU'VE GOT THIS!



1 Make a list

If you're feeling overwhelmed by how much you need to study, try making a list of smaller tasks. Crossing items off a list frequently can help your mind notice progress and focus on one small thing at a time.



4 Tense and release

On your inhale, tense a muscle, then relax it on your exhale. Start from your feet and work your way up, paying attention to how your muscle feels in each state. This progressive muscle relaxation will help you physically relax, which will help your mind feel calm. This goes well with box breathing



2 Focus on the process, not the outcome

During the test, don't think about the grade you want to achieve: focus instead on thinking positively about your study process, which will help boost your confidence.



5 Try box breathing

Do this one in a moment of anxiety, or right before going into the test. Inhale for four seconds, hold your breath for four seconds, exhale for four seconds, and hold for four seconds. Repeat this for one minute: it'll help lower your blood pressure, increase focus, control hyperventilation, and decrease cortisol (a stress hormone).



3 Use 5-4-3-2-1

The 5-4-3-2-1 exercise will help your mind focus on the present instead of worrying about the future. Identify five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste.

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Our top five studying #LifeHacks

Have a test coming up? Whether it's midterms, year-end exams or the SAT, we've put together a list of five strategies to help you stay focused, energized and make the most of your study sessions.

REMEMBER: YOU'VE GOT THIS!



1 Use the 45-10 rule

Most people can only focus for about 45 minutes at a time. You might stare at the page for longer, but you won't be retaining information! Try setting a timer to take a 10-minute break for every 45 minutes of focused study time.



2 Sleep!

Getting eight hours of sleep is key to help improve your focus, attention and memory. Plus, sleeping and dreaming is how your brain not only recharges, but also organizes and memorizes information.



3 Spread out studying

Say no to last-minute cramming! There's a limit to how much our brains can learn in one day, so spread studying and homework over several days.



4 Eat and hydrate

Make sure you're looking after your body, especially the morning of the test. By eating a healthy breakfast, you'll improve your concentration, memory, energy and mood. Drink lots of water too: it improves your brain function and helps reduce anxiety.



5 Relax your mind

Don't study on test day: for real! Without sleep to help organize your thoughts, studying the day-of can actually confuse your brain. Instead, take time to relax your mind, which will improve your ability to remember what you studied.