

10 Tips to Lower Anxiety on the Day of Exam



Wake up early so that you do not need to rush getting ready and eating breakfast.



Check email for any possible updates on exam (time change, room change, cancellation).



Eat a balanced breakfast. Nothing too risky! No chips and soda!



Head to the exam early. You never know what unexpected events may happen.



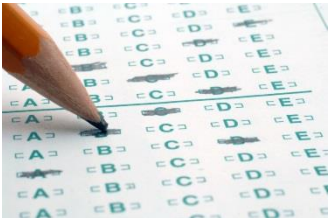
Use restroom before the exam. Exams can be quite long and there is no time to waste.



Remember to write your name on the exam! You wouldn't believe how many students forget to do this.



Read all questions and directions carefully.



Start answering the questions you are most confident in. Save difficult questions for last.



Use every minute of the exam. If you have time remaining, go back and double check your answer.



Stay calm, you have done your homework and have nothing to fear!