

Taming the Testing Butterflies

Overview of Taming the Testing Butterflies:

The **testing butterflies** are the feelings of nervousness or anxiety that you get before or during an exam. Use the information below to manage your testing butterflies and help you prepare for your exam!

Tips for Managing Testing Butterflies:

Days Before the Test	<ul style="list-style-type: none">• Prepare! Consider knowing, understanding, and being able to apply the concepts you will be asked about.• Rather than focusing on your grade, focus on immersing yourself in the course material and what you can do to better prepare.• Practice visualization. Imagine yourself getting the test, remembering what you have learned, answering the questions, and turning the test in. Try doing this a couple of times each day prior to and the morning of the test!
Day of the Test	<ul style="list-style-type: none">• Identify what thoughts and behaviors you are in control of. For example, you might think, "I'm going to make sure I answer every question" or "I am going to focus on the information I know, and I will answer the questions I struggled with for the end of the exam".• Use power posture. Stand up straight with your shoulders back. This can improve your feelings of confidence that you may have before the test.• Avoid arriving early for the exam or discussing it with other students.• Avoid last minute reviewing or cramming as this could make you nervous.• Distract yourself by listening to music, calling a friend, etc.• Get in the zone in which you are calmly in the presence of the exam material. This creates feelings of confidence and readiness.
During the Test	<ul style="list-style-type: none">• Answer the questions you know first. If you come to a question you do not know the answer to, move on and remember memory blocks are normal.• Use the grounding method. Look at the ceiling, the walls around you, the whiteboard, and begin to breathe deeply. After trying this, go back to working on your test.• Remember to use all of the time that you have.

Using the information above, identify one to two strategies you will employ to tame your own testing butterflies

Identify the Strategies You Will Try:

Days Before the Test

1. _____
2. _____

Day of the Test

1. _____
2. _____

During the Test

1. _____
2. _____