

How to Prepare for Finals

From the Wellness Center

OVERVIEW & PURPOSE

Test anxiety is a common concern shared by many students. Like any other form of anxiety, test anxiety affects the body and mind, which can impact your ability to perform on the test. Some students who experience test anxiety may feel a rapid heartbeat, muscle tension, uneasiness or self-doubt.

This first semester of school has tested many of us already. As we move into finals, some may be feeling overwhelmed, stressed or anxious. The Wellness Center wishes everyone the best of luck and hopes everyone is gentle, kind and loving to yourself.

Please do not hesitate to contact the Wellness Center if support is needed. The following link is to the WC contact information: <https://www.scfswellnesscenters.org/contact>

Tips and Tricks for Test Taking

- Plan your study time to avoid cramming.
- Get good quality sleep and stay hydrated; a healthy body supports a healthy mind.
- Focus on answering the questions, not on the grade you may earn.
- Worry about your anxiety later. Be mindful that you can push it aside to focus on the task at hand (the test).
- Use a Progressive Muscle Relaxation technique to support a calm mind and body: [Progressive Muscle Relaxation](#)
- Set a positive mindset; you know what you know. Go into the test wanting to show your teacher your knowledge.
- Remember to remind yourself you are good enough.

Articles/Resources

Helpful Resource: 10 Test Taking Strategies

[TOP 10 TEST-TAKING STRATEGIES](#)

Short Read: Test Anxiety

[Test Anxiety](#)

Short Read: Final Exam Stress?

[Final Exam Stress? Five Ways to Finish Finals Strong](#)

**If you have any questions please call the Wellness Center at (530) 280-2009.

