

Test Anxiety Strategies for AP Exams

1. While studying the course material, enjoy your favorite snack or drink. Then on test day, make sure to have that same favorite snack or drink before you go into the exam. This creates an association with the material and allows for you to recall the content more easily.

2. Be your BIGGEST fan...remind yourself that YOU'VE got this! You've studied hard, you know the material, and you are prepared to smash this exam! When the doubt creeps in, switch into coach mode and remind yourself that YOU'VE GOT THIS! Let's that negative self-talk see it's way out.

3. SLEEP! SLEEP! SLEEP! Make sure you are getting sleep...for the days leading up to the exam as well as the night before the exam. Sleep allows our memories to consolidate, which IMPROVES memory recall. All nighters are a thing of the past. Get your Zzzzzz!

4. Remember to breathe! Stay connected to your breathing throughout the exam. Inhale through your nose like you're smelling your favorite freshly baked cookies...hold it...then exhale out of your mouth like you are blowing out your birthday cake candles. Repeat 3-5 times.



SCAN ME

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