



Test Anxiety Resources

<http://www.austincc.edu/amcneely/bigbadwolf1216.swf>

Interactive multi-media presentation created by a college instructor.

<http://www.und.edu/dept/ULC/ASEPKit/anxiety.html>

Relaxation techniques for study breaks, before the test, and during the test.

http://www.usu.edu/arc/test_anxiety/stress/smtech.cfm

A variety of stress management techniques for reducing test anxiety.

<http://www.marin.cc.ca.us/%7Edon/Study/2positive.html>

Emphasizes the power of positive thinking.

<http://www.how-to-study.com/testanxiety.htm>

Concise plan for overcoming anxiety

<http://www.bucks.edu/%7Especpop/tests.htm>

Good overall site on test taking strategies.

<http://wc.pima.edu/~carem/TESTTIPS.html>

Good overall site on test anxiety.

<http://wc.pima.edu/~carem/MTHANXY.html>

Good overall site on math anxiety as well as math study/test taking skills.

Note:

If you are experiencing test anxiety that can not be calmed through enhanced test preparation, test taking strategies, and relaxation tips, then you may need to seek assistance from a professional to help you overcome your anxiety. Examples of professional outlets are counseling and hypnosis, to name a few.

Take a deep breath – You can do it!!