

Before and/or during an exam, do you experience any of the following:

Racing heart, heart palpitations, headaches, profuse sweating, stomach upset,
excessive thirst, leg and/or foot twitching, or other physical symptoms

Do you dread exams to the point of procrastination and avoidance?

Silence your phone. Turn off music, TV, etc. If

- Efficient multi-tasking is a myth.

Study guides, learning guides, Quizlet, reviews in the textbook, past assignments. If your professor provides a resource,

Yes. Chew gum during your exam.

it will help with focus

- Take a balloon with you and blow it up (and release) it a few times before walking into the classroom.

- \ (finger breathing, square breathing, belly breathing)

This helps to burn off negative energy and increase